THE MEDIUM

VOLUME 24 ISSUE 15 — THE VOICE OF THE UNIVERSITY OF TORONTO AT MISSISSAUGA — JANUARY 5, 1998

UTM enters "cocoon years"

BY ROBERT PRICE

The first of UTM's transition years was 1997. It was, in a sense, the year that UTM entered a cocoon from which it is destined to leave a changed campus. The university instigated many of the changes, most notably being the campus' name change. Erindale will now be known as the University of Toronto at Mississauga, a name created in an attempt to bring the college closer to the community of Mississauga while still emphasizing the fact that Erindale is part of the U of T.

The UTM landscape will change noticeably over the next few years. The worn-out Crossroads Building will blossom into the glossy new student centre, a student-run facility that, it is hoped, will kindle school spirit and become the new centre of activity on campus. The centre, which had its funding voted on twice in 1997, lost in the first vote but won months later, after a revised partnership was negotiated between students and administration. Construction of the facility is expected to be completed in 1999.

At the same time that the student centre won the students' approval, the Governing Council gave its assent to the construction of UTM's sixth phase of residence. Phase six will be built between phases one and two, on the land that Hastie House and Robinson House currently stand on; it will be dedicated solely to providing accommodations for freshmen. The yet unnamed phase six will be unlike the other phases, which are best described as a village of townhouses. Phase six will be built on a much larger scale, featuring hallways linking individual apartments complete with kitchens and baths. Floors are connected with tall stairwells essentially creating an enclosed village. Phase six, when coupled with a new student centre and expanded athletic facilities (the logistics of which are currently under review), should provide the infrastructure to transform Erindale from a deadbeat, apathetic box into a pulsating house of action.

Not only is UTM set for change but its parent community, Mississauga, underwent transformation in 1997. As Toronto re-d-

Cocoon cont'd on page 3

1997

The Highlights

With 1998 already here, let's review the highlights of 1997 before the hassles of student life have a chance to pile up on us again.

BY ROBERT PRICE

January: T.A. strike and a bad case of ball hockey fever

The University of Toronto teaching assistants' union, CUPE 3902, threatened to strike early last year. The threat was a direct result of the union's dissatisfaction with the University during contract negotiations; the union found the university's proposed 1.25 per cent salary reduction unacceptable, in light of the University's budget, which had balanced government grant cutbacks through increased tuition. The union wanted more job security, fair hiring procedures, and better training, given the important role of teaching assistants. A settlement was reached in late January after both sides made concessions during negotiations. The deal was ratified in February.

Blind ducks get wet outside City Hall during orientation festivities. *file photo*

On the more ridiculous side of the news, ball hockey fever reached its zenith in January. Omar Alikhan, ECARA's former vice president of finance, ushered in 1997 in his own way, by publically assaulting ball hockey co-commissioner Zuhair Fancy. In a brazen display of machismo, Alikhan grappled with Fancy after Fancy told him he was too late to play in his team's first game of the season. Alikhan attacked Fancy and the scuffle spilled onto the court. Alikhan later apologized for his actions but was suspended from playing ball hockey for two years. Jason Ciurluini was also suspended for two years, for punching, and hitting a referee in the head with a stick. Numerous other players were suspended in January for acting like asses on the ball hockey court.

Round up: The pub management board reviewed its admittance policy for underaged students but made no changes; Erindale students Shannon Anderson, Andrew Birse, and Ryan Colwell exhibited their art work at the Art Gallery of Mississauga; a madcap cast of students had fun during a hijinks-ridden session of model parliament.

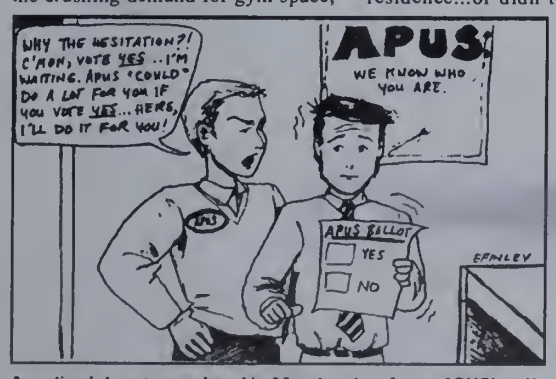
February: Voting via S.A.S.E.

APUS asked its constituents for a $10 fee increase so that it could continue to provide the same level of services to part-time students. A vote determined whether part-time students were in favour of the ten dollar increase; however, many students said that the fairness of the process was compromised because APUS, the parent organization of EPUS, distributed information packages asking part-time students to vote "yes." As well, the secrecy of the vote was compromised when each student was instructed to write their name and student number on the outside of the return envelope.

Round up: The student centre's plans were unveiled and the award-winning design was scrutinized during a symposium; Theatre Erindale entertained with *Seven Stories*.

March: "No" votes

Student governments spread the fees on thick in March, asking students for money to pay for new buildings on campus. ECARA asked students to pay $80.75 to expand Erindale's athletic facilities across the hillside, south of the South Building. The new double gym would have helped alleviate the crushing demand for gym space, especially during ball hockey season. Students voted against the increase, but since its defeat, financing for the expansion of the athletic facilities has become a priority.


WHY THE HESITATION?! C'MON, VOTE YES ..I'M WAITING. APUS "COULD" DO A LOT FOR YOU IF YOU VOTE YES... HERE, I'LL DO IT FOR YOU!
APUS
WE KNOW WHO YOU ARE.
APUS BALLOT
YES
NO
EPNLEY

An editorial cartoon printed in March pokes fun at APUS' mail-in referendum. *file photo*

EPUS and ECSU asked students for increases in incidental fees to pay for the operating expenses of the student centre; the large increases were voted down by a majority of voters. In the fall, students voted in favour of the increases, but only after some changes were made regarding when the fees would be collected.

Even student government elections had low-voter turnouts. ECSU's executives were acclaimed, as were many of ECARA's. An overwhelming number of students chose not to vote in the elections; nonetheless, all fee increases were voted down.

Round up: Erindalian artists, Vicki Schelstraete and Lisa Irvine, won the annual Hart House juried art competition; universities from around metro Toronto united to protest their respective institutions' plans to increase tuition (the increase, endorsed by the provincial government, was implemented by the U of T); Erindale's ball hockey playoffs peaked in March.

September: Enter "The Shaft"

Many residence students took it on the teeth when they arrived to residence...or didn't arrive to residence. During the summer, the U of T Provost enforced the long forgotten rule that residence woud be provided for any freshmen who wanted it. As a result, many senior students lost their places in residence while about forty others were exiled to what has been lovingly labelled "The Shaft", a dormitory that was temporarily rented to carry some of the overflow caused by the re-enforcement of the rule.

Back on campus, residence students had a difficult time with their phones in September. Miscommunication between Bell Canada, the Residence Centre, and new students resulted in the bungled installation of telephones for nearly all UTM residents. Subsequently, a plan was negotiated between Bell and residents to ensure that the same delays do not happen next year.

Theatre Erindale presented many successful plays in 1997, including *Mycenae*, pictured above. *file photo*

For the rest of the campus, school started with a bang in September. SAC, ECSU and the newly renamed PTS@UTM and UTM Athletics (formerly EPUS and ECARA respectively) gave freshmen one of the most exciting orientations Erindale has seen in a long time. Parading through downtown Toronto and Mississauga, listening to live bands in an outdoor "cafe", and getting dirty during the XXX-games, were some of the many ways frosh participated in Orientation Week. Then, the frosh, one of the largest freshmen classes UTM has seen in years, hit the books.

Round up: U of T libraries downsized their collections; the athletic department implemented its new fitness assessment programme; a sixth phase of residence went through the university's system of rubber stamps; "B4 the Fringe" festival entertained UTM; Erindale's Miel McGerrigle powered her way to a silver medal in powerlifting.

October: boo!

UTM launched a new programme aimed at helping commuter students adjust to university life. The staff mentoring project paired students with non-teaching staff with whom they would meet periodically throughout the year, to discuss aspects of student life. The project is new and administration hopes it will increase in size and give more frosh "a friendly car."

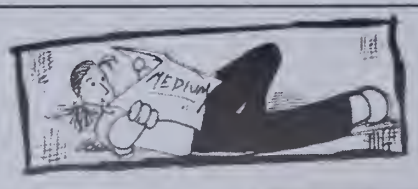
The athletic department and UTM

Lots of cont'd on page 3

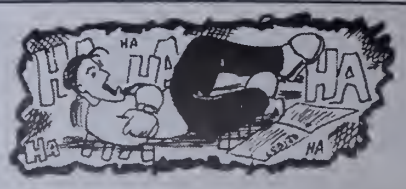
Ayatollah's diary — Editorial — Page 4

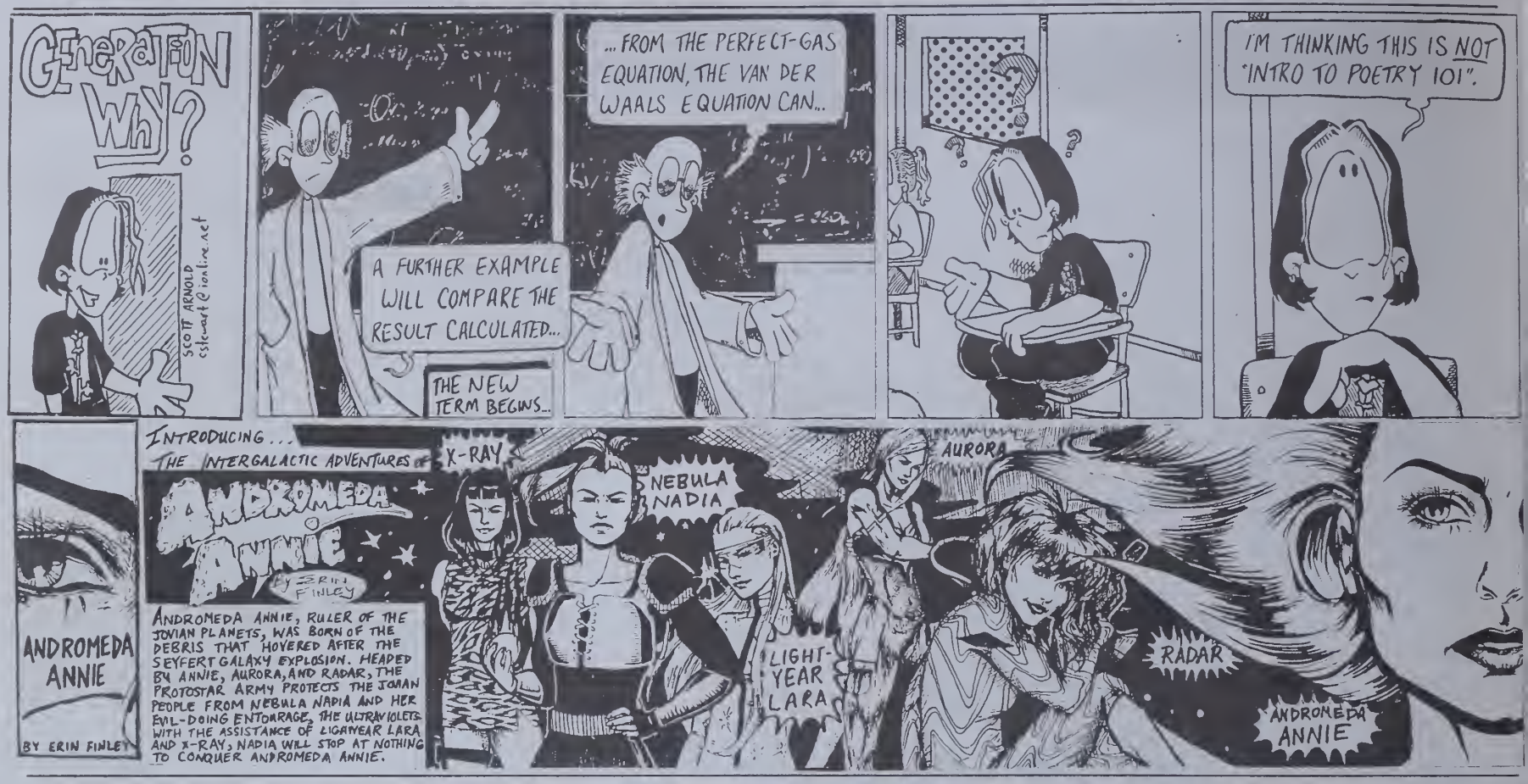
Save your money — Arts & Entertainment — Page 8

Ball hockey fever! — Sports — Page 11

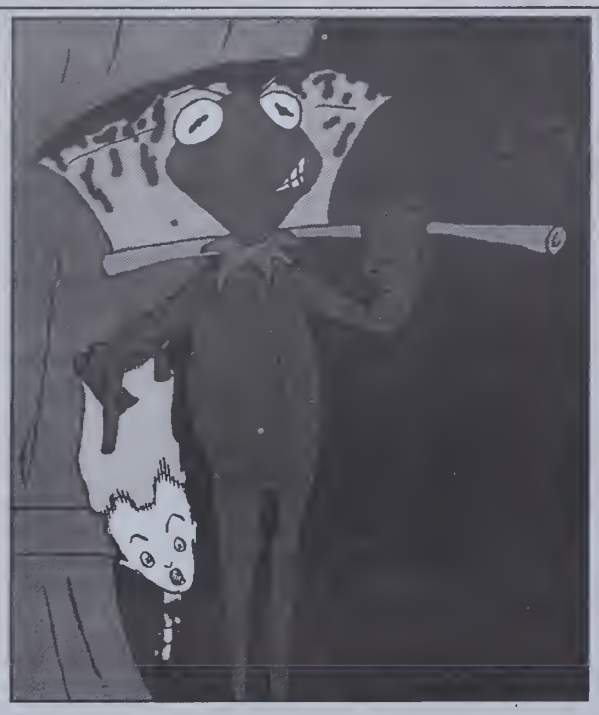


RECESS




GENERATION WHY?
SCOTT ARNOLD
cstewart@ionline.net
A FURTHER EXAMPLE WILL COMPARE THE RESULT CALCULATED...
THE NEW TERM BEGINS...
...FROM THE PERFECT-GAS EQUATION, THE VAN DER WAALS EQUATION CAN...
I'M THINKING THIS IS NOT "INTRO TO POETRY 101".
INTRODUCING...
THE INTERGALACTIC ADVENTURES OF
ANDROMEDA ANNIE
BY ERIN FINLEY
ANDROMEDA ANNIE, RULER OF THE JOVIAN PLANETS, WAS BORN OF THE DEBRIS THAT HOVERED AFTER THE SEYFERT GALAXY EXPLOSION. HEADED BY ANNIE, AURORA, AND RADAR, THE PROTOSTAR ARMY PROTECTS THE JOVIAN PEOPLE FROM NEBULA NADIA AND HER EVIL-DOING ENTOURAGE. THE ULTRAVIOLETS WITH THE ASSISTANCE OF LIGHTYEAR LARA AND X-RAY, NADIA WILL STOP AT NOTHING TO CONQUER ANDROMEDA ANNIE.
X-RAY
NEBULA NADIA
AURORA
LIGHT-YEAR LARA
RADAR
ANDROMEDA ANNIE
ANDROMEDA ANNIE
BY ERIN FINLEY

SKEWED VIEWS



The Muppets were not all smiles and chuckles.

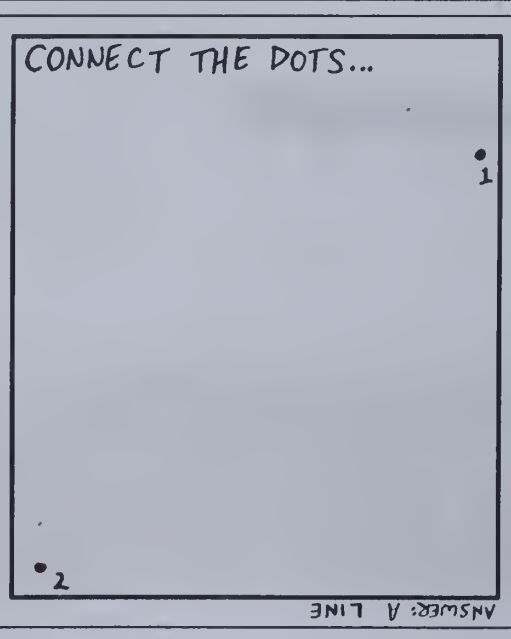
Fred decided to commit the perfect crime, and modelled it after O.J. Simpson; of course he forgot to get T.V. coverage, a stupid judge and a retarded jury... little late now, doncha think?

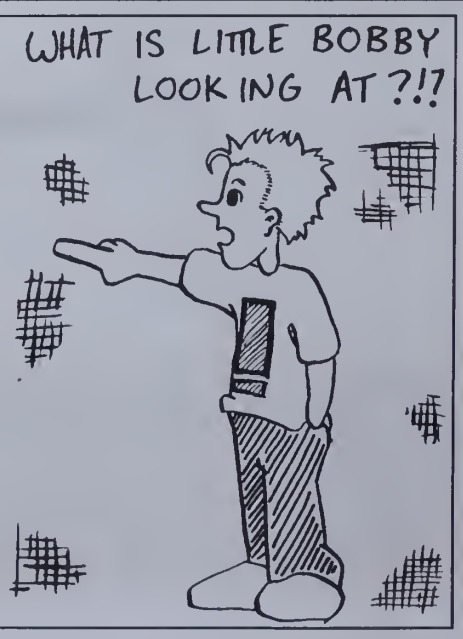
fun 4 tots is an organization aimed at producing the toys kids REALLY want!

fun 4 tots presents:

Bag of Broken Glass Shards

A WHOLE BAG OF GLASS?!?! Broken shards of glass on the curb are always fun to play with. The remains of a shattered beer bottle can provide hours of entertainment, and yet all too often these precious glass chunks are hard to find when you need 'em most. *Fun 4 tots* has found a solution to your problem, the *fun 4 tots* Bag of Broken Glass Shards! Keep your kids happy and entertained for hours with this new, and educational, toy. Teach them to play safely with glass AND defend themselves in a bar brawl all in one toy. The *fun 4 tots* Bag of Broken Glass Shards, fun for the whole family.





UNSCRAMBLE-DA-WORDS

NISHAC	**QAETINU**
------	-------
HONIR	**LUPG**
-----	----
MRILCEB	**ROCEIT**
-------	------

A peaceful holiday break

BY ROBERT PRICE

Sex speakers

The Sexual Diversity Program Speakers Series presents "Is there a new AIDS era and what does it have to do with gay men?" Dean Behrens, a professor of sociology; Tony DaCosta, from the Toronto People With AIDS Foundation; Roy Gillis, of OISE/UT; and Colman Jones, a journalist with the CBC, will speak at the forum to be held January 7 at 4 p.m. in Room 140, University College.

Film speakers

Lynn Fernie and John Greyson will host a discussion about the relation between the film maker and the audience. "Without You, I'm Nothing" takes place on February 25 at 4 p.m., in Room 179 of University College.

Campus Police Reports

December 1, 7:35 p.m.: Medical emergency: A Mississauga ambulance attended a Phase 5 residence for a female experiencing chest pains. The female was taken to hospital.

December 3, 6:00 p.m.: Harassment: A female reported being harassed by a male on the second floor of the library. There was a delay in the reporting of this incident as it occurred in the middle of November.

December 6, 3:45 a.m.: Threats and harassment by telephone: A female resident of Phase 3 called to report receiving a threatening telephone call from an unknown female. The female was later found and warned by University of Guelph Police.

December 6, 6:15 a.m.: Flood: A flood was reported to have occurred in labs #5026 and #4026. The flood was caused by a malfunctioning water tap. Caretaking staff cleaned up the water.

Registrarial Services expands office hours

Registrarial Services has expanded its hours of operation for the 1998 spring term. The office will be open 38.5 hours a week, including two evenings. The office closes early on Fridays.

The new schedule is as follows:

Monday: 9:30 a.m. to 4:30 p.m.;
Tuesday: 9:30 a.m. to 7:00 p.m.;
Wednesday: 9:30 a.m. to 7:00 p.m.;
Thursday: 9:30 a.m. to 4:30 p.m.;
Friday: 9:30 a.m. to 3:00 p.m.

Sports, drama, politics marked 1997

Continued from front

Athletics began re-evaluating its logo. In keeping with the changing campus, UTM Athletics hopes to move away from a logo that some believe is racist. The organization opted to revise the logo now to go along with the other changes. The logo change will be discussed in the new year.

George Bush was given an honorary doctorate by the U of T, raising a fervor not seen among students at the U of T for some time. Many groups, especially *The Varsity*, who spearheaded the protest, felt that the U of T should not honour a war criminal. Bush received his degree at Convocation Hall while students protested outside.

Marco Marrocco, the 1997-98 president of ECSU, answers students' questions during the Student Centre Forum held in November. *file photo*

November: new buildings

Baird/Sampson architects were chosen to design UTM's sixth phase of residence. The firm designed the other phases on campus, and the new addition should be open in 1999.

While the university was petitioning for the development of phase six, students were voting on the future of the student centre. This referendum underwent many changes: students won bridge-gap funding and a majority of seats on the centre's management board, in negotiations with administrators.

The referendum for the student centre prompted serious debates. One of the many issues discussed (at a forum held in the meeting place, and in the pages of *The Medium*) was the role of student governments in referenda. SAC Erindale chose to run a "yes" campaign while the rest of the school tried to run an objective information campaign. Many students, including those on *The Medium* staff, felt that the campaign should have been fair, and that SAC Erindale's "yes" campaign undermined the objectivity of the other campaigns. The student centre referendum passed, but like the other 1997 student referenda and elections, turnout was incredibly low.

Round up: UTM was crowned champion in women's field hockey and men's interfaculty football; Theatre Erindale presented *Hotel Baltimore*; students mistook the library for a cafeteria and made a mess with their lunches; the Blind Duck held its Tacky Night featuring a wet t-shirt contest as well as best buns and chest contests.

UTM sports, particularily women's field hockey and men's interfaculty football, reached a new level of play in 1997. *file photo*

December: Time for a new name

Erindale College Council officially voted in favour of the name University of Toronto at Mississauga. Erindale had been using the new name unofficially for most of the '97-98 Winter Session. The name change took place because the university wanted to recognize that they are part of the community of Mississauga as well as a part of the University of Toronto.

Exams were held in the first few weeks of December. UTM closed down in the last week, making all the facilities, excluding the gym area, unavailable to students.

Round up: At the Living Arts Centre, Terry Costa, a UTM drama student, staged *Humans*, a "mosaic" of stories, parables and anecdotes rooted in author Daniel MacIvor's short stories.

Cocoon

Continued form front

ied for amalgamation, Mississauga added to its City Centre the Coliseum, new restaurants, a new bus terminal and, most noteworthy, the Living Arts Centre, which is located next to Square One, City Hall and the Mississauga Central Library. Mississauga expanded itself westward along Dundas as well, adding new strip plazas, theatres and restaraunts to shoppers' lists. The suburbs continued to creep up on UTM–new houses popped up on the corner of Burnhamthorpe and Mississauga Road, and new ones are to be erected on the old corn fields north of the campus.

Many of the decisions made in 1997 will no doubt change the face of the campus–it will look vastly different than it did 25 years ago, or even four years ago. But more importantly in 1997, the academic face of Erindale grimaced as the consequences of past financial decisions continued to be felt. Consequences of both the federal and provincial governments' decisions to cut education funding have been felt throughout the education system. Elementary and secondary school teachers walked the picket lines to protest the cuts, and in the world of post-secondary education, cutbacks continued to exact punishment like ceaseless, hemorrhaging kicks to the groin.

For a second year, UTM chopped a portion of a total 14.5 per cent cut from its operating budget. Ultimately, this budget cutback will result in the loss of 31 staff positions, many of them removed by attrition. Students also felt the noose tighten on their wallets: tuition rose in 1997, and the provincial government gave universities the green light for a twenty per cent tuition increase over the next two years without reforming the student loan plan.

ERINDALE COLLEGE ◆ CAREER CENTRE

On behalf of the Career Centre, we would like to wish everyone a Happy and Prosperous New Year!

JANUARY WORKSHOPS:

Discover Your Skills & Options: Jan. 14, 12-2pm
Today's employers are looking for skills. Identify what your skills are and find out the potential career areas where you can use these skills.

How To Identify Work Opportunities
Jan. 20, 10-12pm
Finding your place in today's workplace requires knowledge and effort. This workshop helps you develop effective methods for locating work opportunities in organizations which do not always advertise their openings.

Interview Skills: Jan. 28, 12-2pm
Learn how to write an effective resumé & covering letter for today's workplace.

For a complete list of workshops, come to our office!

Resume Critique Drop-In: Jan. 19, 10-4pm
Come and have your resumé & covering letter critiqued.

Contact the Career Centre at (905) 828-5451
or drop by Room 3094.

SNOWSTORM
INFORMATION LINE

Want to know is classes are cancelled?
Want to know if the University is closed?

For St. George Campus call:
(416) 978-SNOW (7669)

For Erindale Campus
call Erindale Snow Hotline:
(905) 828-5399 and press 1

For Scarborough Campus
call Scarborough Snow Hotline:
(416) 287-7026

A decision to cancel classes or to close the University will only be taken under the most severe weather conditions.

EDITORIAL

MEDIUM

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3359 Mississauga Rd., Crossroads Building, Room F18, Mississauga, ON, L5L 1C6
Phone: (905) 828-5260, Fax: (905) 828-5402, Advertising: (905) 828-5379
E-mail: medium2@credit.erin.utoronto.ca

Editor-in-chief • Duncan Koerber
News Editor • Robert Price **Arts & Entertainment Editor** • Heather Saunders
Photography Editor • Vicki Schelstraete **Sports Editor** • Nelson De Sousa
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Get involved!

Friday, December 5, 1997

Dear Diary,

I just finished my last class of the year. Boy, am I tired. I spent almost the whole term sitting in the library studying (and eating and drinking—librarians don't seem to like that). I rarely saw the light of day in there! A friend told me that a referendum took place. Not sure what it was all about, but I don't care, as long as I graduate. I mean, why should I care about this place now, or in the future? I'm here for four years and then I'm free from this hell! I'll get my degree, then I'll get that high-paying job shortly after. I know I will... Anyway, I've got to go sit on the couch and watch Melrose... bye

Did we steal this page out of YOUR diary? No? Do you find this diary entry too outlandish and exaggerated to believe? Yes? Well, then it's time to take a closer look at the sentiment expressed above.

We at *The Medium* are still amazed, saddened, and bewildered at the extremely low voter-turnout in that November referendum—you know, that referendum on funding for the student centre. It doesn't ring a bell? If so, maybe you were one of the 90 per cent who didn't bother to vote because you were too busy doing something else.

We tried, unsuccessfully, to come up with an explanation for the fact that 90 per cent of students didn't vote; the question would puzzle even Einstein.

Looking back, the Student Centre project was on its death bed, to die if not for a majority "yes" vote, yet that dire situation didn't bring the electorate to the polling stations. Advertising was fairly good, so we find it hard to believe that students didn't know that the vote was taking place. But, still, 90 per cent didn't care to vote.

New Year's Resolution?

If you don't have a new year's resolution, here's one for you: care about your campus during the rest of your time here (and maybe after graduation too).

While there are no referenda in sight for the next few months, there are other ways to get involved. Volunteer with any of the student organizations. In two months the application process begins for positions with ECSU, SAC Erindale, EPUS, ECARA, and *The Medium*.

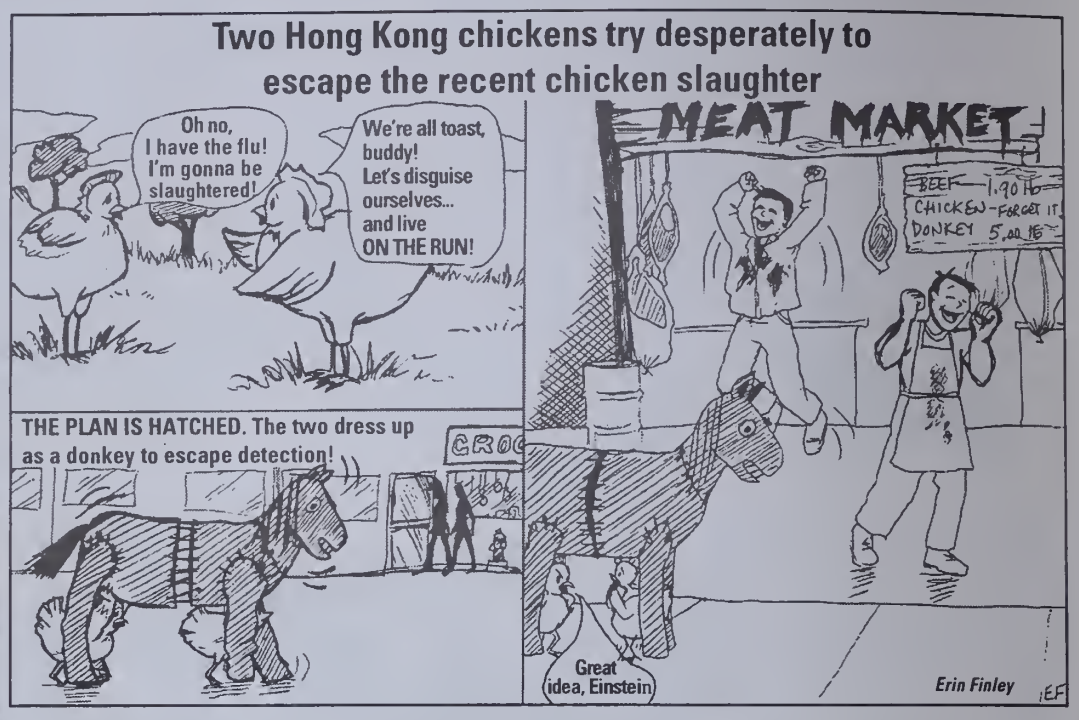
Consider applying for a position; it is the best way to improve the campus, and improve your skills. And with the exception of SAC Erindale, you can get paid at the same time. If you need to be convinced that volunteering is important, read the article at the right, *Improving youth employability*. Student organizations are always looking for volunteers.

Be aware that very few people run in the March elections, giving you great odds at winning if you take a shot at it. All available positions have different skill levels and require varying amounts of time. No matter how much time you have available, there should be a position you can handle.

No more excuses, people. Improve yourself, and the campus, by getting involved.

The Medium is published weekly by Medium II Publications, a non-profit, incorporated student organization. Membership includes all full-time students registered at Erindale College. The opinions expressed within are those of the writers and editors and do not necessarily reflect those of Medium II Publications. ***The Medium***'s mandate includes informing students of local and national concerns, and giving Erindale College students an opportunity to practice journalism. National advertising provided exclusively by Campus Network.

Okay Erindale, we're back for a strong second term.. refreshed and ready to pounce at even the slightest provocation!!! hah hah.. remember, only 5 more issues until reading week (remember the Olympics are on then.. canada is gonna kick some ass on the ice over there. too bad we gotta stay up to 4 a.m. to see some of the games.. sheesh...) How about a look back at the fall term–here's what I remember: working my ass off in September, working my ass off in October, okay, I slacked a bit in november, but even the greats run out of gas on occasion. Man, I've got a big ego, I'm such a "little boy", why didn't anyone ever tell me? The copyeds drop like flies around here eh? but (in my best preacher voice): THANK THE LORD, (HALLELUJAH!), that Enn still sticks at it. Look out, here comes the ballhockey season, where studies show crime, murder, and bribery reach yearly highs.


Two Hong Kong chickens try desperately to escape the recent chicken slaughter
Oh no, I have the flu! I'm gonna be slaughtered!
We're all toast, buddy! Let's disguise ourselves... and live ON THE RUN!
THE PLAN IS HATCHED. The two dress up as a donkey to escape detection!
MEAT MARKET
BEEF 1.90 lb
CHICKEN - FORGET IT
DONKEY 5.00 lb
Great idea, Einstein
Erin Finley

Improving youth employability

BY DUNCAN KOERBER

Today, fewer young people are able to find ideal jobs, or any job for that matter. *The Toronto Star* brought this problem to the attention of readers in a recent week-long feature called *Lives on Hold: 1000 Voices*. It involved a study of 1000 randomly selected young adults, and it revealed that an alarming number of those young people are out of work, unable to find jobs, or in financial trouble.

The Star came up with some solutions to the problem of youth unemployment, but they assumed that those unsuccessful young adults had done their best to find jobs, had made all the right decisions, but had been denied access by a rotten system. The angle taken by *The Star* was that employers are uninterested in hundreds of great young people; however, what wasn't clear was whether those young people had really made the right decisions.

A few of the young people had willingly dropped out of high school, and thus have no one to blame for not completing that level of education. It isn't surprising that they don't have jobs, and they shouldn't feel that it's a "right" to have jobs without having a certain level of education.

It was also noticeable that some of the young people had nose rings. I'm not going to judge these people by their appearances (if that's their form of self-expression then so be it), but what they will find is that, rightly or wrongly, they are less likely to be hired because their appearances are unacceptable to most employers. Young people have to realize that they must play by employers' rules, and that having a "normal" appearance isn't too much to ask.

Volunteering non-existent

I think what was most striking about those 1000 students was the fact that over 95 per cent of them had never complemented their work history with volunteer work. Volunteering is admirable in the employer's eyes, and can increase the credentials of any applicant. Students find themselves in bad situations these days because employers won't give students jobs until they have skills, but students can't learn skills until they have jobs. In cases like this, volunteering is a great way to end this demoralizing cycle, and help out the community at the same time.

Resumé problems

It would have been interesting to see an examination of the resumés of the jobless bunch. A closer look may have shown that a majority of young people don't have a proper resumé, or even have a resumé at all. The "standard" resume (featuring the dates of employment on the left and job descriptions in the middle, down the page in chronological order) doesn't cut it anymore. At *The Medium*, we receive many resumés, and most are unfocused. The "standard" resumé does not say what the applicant can do for the employer; it simply lists dates, and jobs, many of which have no clear connection to each other or to the job being applied for (pizza delivery person versus bank teller, for example). If someone is in this situation, it is not the end of the world—revise the resumé so it lists skills and abilities learned at the jobs, along with a clear, attainable objective.

The listing of job time frames, the backbone of the "standard" resumé, is not important, and shouldn't be the focus of the resumé. Other problems with resumés are excessive lengths and unattractive styles. Employers want a well-written, yet concise and tidy resumé, that isn't longer than a page—if it's longer, employers may not notice the good stuff at the end or even have the time to read it all.

Post-graduation

An undercurrent of *The Star*'s series was that the young people interviewed expect great jobs immediately after graduation. This expectation is reinforced by our parents' job successes—our parents seemed to finish school and jump right into good jobs (although that's probably not precisely what happened). What has definitely happened in 30 years is that the work force has changed extensively, whereby computers—almost non-existent in our parents' day—are the backbone of industry and influence the procedures of almost any job. Years ago, the workforce was geared towards the skilled trades and labour, two work areas that are unfavourable today among young people. The trades are unfavoured because they are considered negative career moves. Ironically, the move of so many young people away from trades has opened up trade positions—an example being in Alberta's oil industry, where companies are trying to find young people to fill well-paying positions.

In recent years, studies have shown that university graduates are employed at higher rates, and are more satisfied with their work than non-university grads, but those realities may change as universities continue to churn out more graduates than ever. Recent grads know that degrees mean less to employers these days than they did in the past. The university degree is a minimum requirement now—not a guarantee for a good job.

Creating jobs for youth

The Star's study looked long and hard at the role that corporations play in providing jobs for youth. In my opinion, in devising policies for job creation, one must remember that the corporate nature calls for immediate payoffs and benefits. Long-term goals are not as important to corporations, given that they rise and fall on the whims of the stock markets. Policy makers should provide incentives, whereby companies can hire more employees, while keeping their immediate financial positions strong; a policy that could be achieved by reducing the payroll tax (a tax which is creating a surplus for the federal government now anyway.) An important part of reducing youth unemployment is for the government to find more youth job-training programs for those students who may be stuck in limbo.

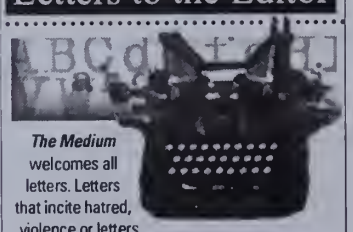
Today, the route to a successful career is not as clear as it used to be. A graduate's success may involve having to change expectations, take a different route in the education system, or alter the resumé to satisfy employers' changing needs.

The Future

The bright side is that Canada's youth of the future may find easier paths to good jobs; by 2010 over 50 per cent of Canada's population will be nearing retirement age, opening up some doors to careers for youth.

In the meantime the "one per cent solution" (a proposal that each corporation hires an extra one per cent of workers from youth age groups) would be a modest start on the employers' end, but success also requires more work from the young person's end. Both sides must take the initiative.

Letters to the Editor



The Medium welcomes all letters. Letters that incite hatred, violence or letters that are racist, homophobic, sexist, or libelous, will not be published. Letters may be edited for brevity, and/or coherence. Please submit letters on disk.

A Change For The Better

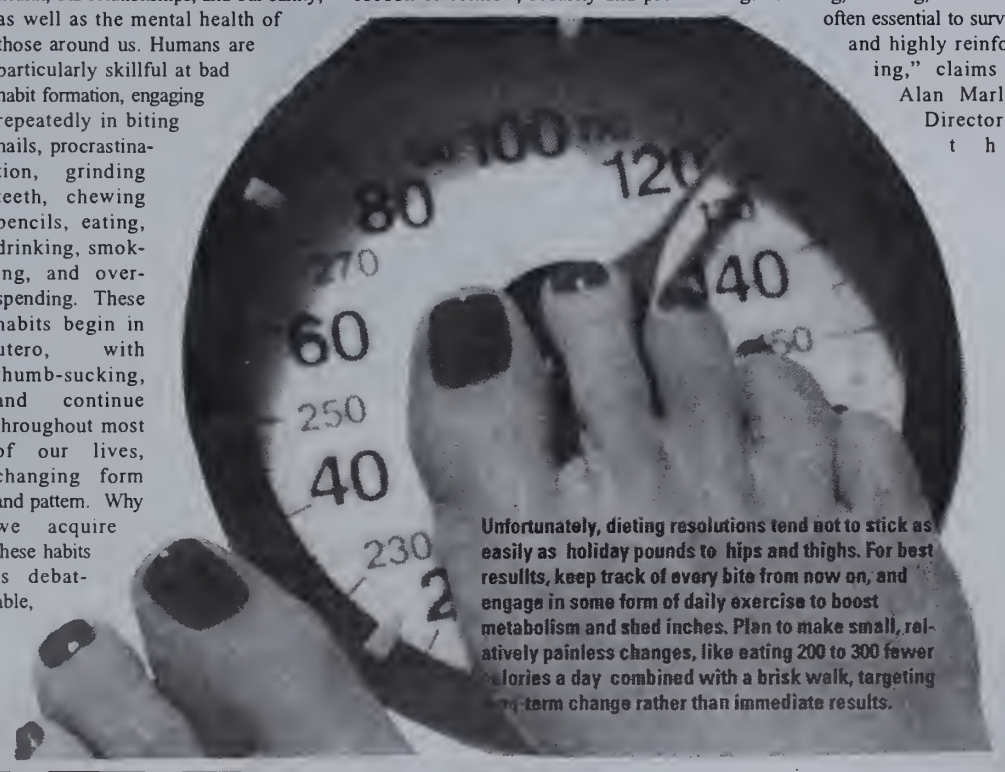
Making Resolutions For the Year Ahead

by Corinna Netta

There is no better time than the new year to inspire change, transformation and growth. After having given in to every possible indulgence and vice over the holidays, many commit themselves to strict resolutions and regimens for the new year, vowing to replace their old destructive habits with more productive ones. A new year holds the prospect of new beginnings in relationships, finances and lifestyle, a fresh new perspective, a new self.

Making resolutions is a traditional rite to ring in the advent of a new year, and breaking them is customary as well. Despite whole-hearted efforts and ambitious intentions, in practice, the odds of sticking to personal goals are not typically stacked in our favour. According to experts, of the 50 per cent of people who begin the year with resolutions, 75 per cent keep theirs for at least one week, while 55 per cent cave in to temptation by month's end. A meager 20 per cent of us remain loyal to these resolutions, possessing the will and self-discipline of Tibetan monks.

Resolutions most often target self-improvement, aspiring to rid our lives of ghastly habits and dependencies, rather than acquire new ones. The five most common resolutions made each year, in order of popularity, target poor spending habits, smoking, weight loss, exercise and personal relationships. Whether aware of them or not, we are all waist-deep in obscure habits and annoying compulsions that often threaten our health, our relationships, and our sanity, as well as the mental health of those around us. Humans are particularly skillful at bad habit formation, engaging repeatedly in biting nails, procrastination, grinding teeth, chewing pencils, eating, drinking, smoking, and overspending. These habits begin in utero, with thumb-sucking, and continue throughout most of our lives, changing form and pattern. Why we acquire these habits is debatable, but they persist because of our failure to change them upon first notice. Before long, these habitual patterns become carelessly woven into our lives as a cocoon of comfort, security and predictable stability, seemingly impervious to our desire and will to change.



Unfortunately, dieting resolutions tend not to stick as easily as holiday pounds to hips and thighs. For best results, keep track of every bite from now on, and engage in some form of daily exercise to boost metabolism and shed inches. Plan to make small, relatively painless changes, like eating 200 to 300 fewer calories a day combined with a brisk walk, targeting long-term change rather than immediate results.

"Everyone engages in addictive behaviours to some extent because such things as eating, drinking, and sex are often essential to survival and highly reinforcing," claims G. Alan Marlatt, Director of the Addictive Behaviours Research Centre. These basic drives seek to repeatedly activate the brain's "pleasure centres", which are wired into every organism, from the spineless jellyfish to the equally weak-willed human.

Millions of us have felt the frustration of attempting–and failing–to change these habits and addictions. Change, particularly self-improvement, is a long, difficult, and arduous process, but it is simply a matter of forming another habitual pattern, that of mindful preparation and planning. According to a nationwide survey, the majority of resolution-breakers blame their high failure rate on lack of willpower and lost interest, scapegoats which people view as unchangeable and use to excuse their indulgent behaviour. However, liberating oneself from self-destructive habits and personal weaknesses requires a thoughtful, strategic plan of action, which is much more within our control than wills and wants. The key to breaking bad habits lies in strengthening our weak defenses–thoughts, attitudes, and behaviour–to counter faltering willpower. These tips from experts within the fields of psychology, fitness and weight management, will help in your attempts for growth and change in the new year.

Experts agree that one of the main determinants of resolution success is

Resolutions cont'd on page 6

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A Change For The Better

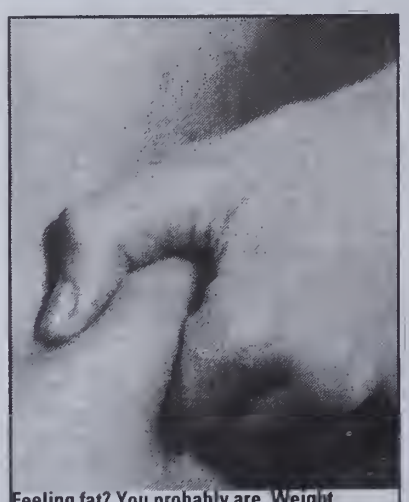
Making Resolutions For the Year Ahead

by Corinna Netta

Resolutions continued from page 5

mindful preparation and planning with respect to goal-setting. Whether attempting to lose weight or put off procrastination, it is considered best to establish specific, achievable goals. For instance, pledging to eat three balanced meals daily, avoid snacking, and cut out meats are specific resolutions, and therefore more promising than vague attempts to battle the bulge. It is optimal to select only one resolution at a time, and to adopt realistic personal goals that take into consideration future circumstances and situations. It is highly maladaptive and masochistic to try to give up a well-entrenched vice or two when faced with a month of exams, grueling workloads and numerous other foreseeable stressors. Similarly, it is best to begin a weight loss program on January 1 rather than in mid-December, days before your social calendar fills with plumping Christmas parties, cocktail-swilling repartees, and gluttonous galas.

Breaking resolutions into smaller steps, or "mini-targets," is suggested to make the resolution, whether it be weight loss or dieting, easier to digest. Following each minor accomplishment with a new challenge enables one to build upon successes, slowly but surely, making past success and progress salient and boosting self-esteem and confidence. A well-contemplated plan of attack is important to inventory all the reasons for seeking a particular goal, to ensure that one can muster the determination, motivation and stamina to resist temptation. Planning and thoughtful consideration help to identify potential pitfalls from past efforts that failed and ways to circumvent the situational triggers and shortcomings of previous attempts.



Feeling fat? You probably are. Weight Watchers International claims most people put on at least 6 pounds after the holiday feasting.

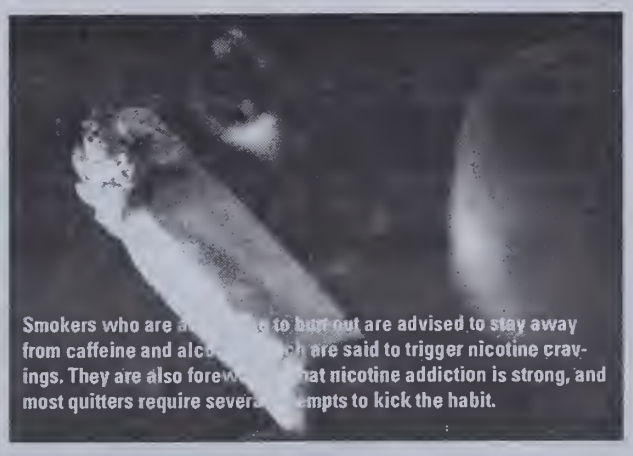
Psychologists also advise not to make resolutions half-heartedly–such pseudo-commitments are doomed to fail, serving only to build a reputation for failing, and confirming self-doubts regarding one's competence in future endeavours.

These instances of failure become the most available references in memory, and make it habitual to look to future attempts at change with futility and hopelessness.

A negative, self-defeating attitude and belief system presents perhaps the greatest obstacle to personal goals. In what is referred to as the Pygmalion effect, or the "self-fulfillng hypothesis", our beliefs and expectations are believed to affect outcome, with these theories suggesting that we unconsciously act to bring about the very results we expect. Research demonstrates that the most expedient way to change attitudes is to take action to alter behaviour. Substituting new, productive habits in place of and contrary to the original habit is believed to be an effective strategy for eliminating stubborn vices. If gnawing at nails is a habit to be discarded, it might work to resolve to reach for a nail file or manicurist's phone number each time the compulsion appears. If cravings beckon, reaching for a wad of gum each time can effectively curb feeding frenzies. An alternative strategy involves focusing resolutions not only on what to give up, but what to do instead; this accentuates the potentially positive, action-oriented side of resolutions that allow for increased control over their course and outcome. The truly successful remain positive in their thoughts and beliefs about their ability to reach their goals by visualizing both success and failure. Picturing oneself shackled to the most disgusting and repulsive aspects of the habit and exaggerating the consequences of failure to change can be motivating. As well, envisioning oneself permanently free of the habit can be a strong incentive for change.

Rewarding oneself for minor successes along the way can provide the encouragement for further achievement. Building in much-anticipated rewards, unrelated to the habit one wishes to eliminate, can be influential. Acknowledging small victories with rewards, or reinforcements, for success should be especially numerous in the early stages, before the benefits of habit-breaking have kicked in.

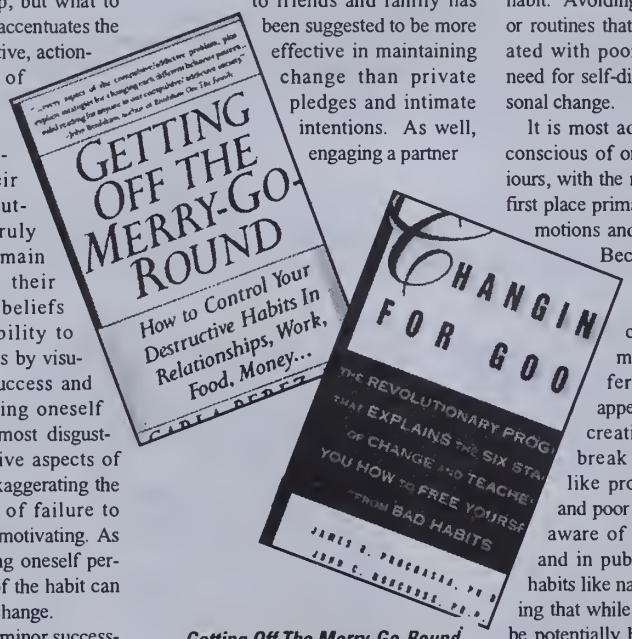
Make failure and succumbing to temptation costly, financially and personally. A binding written contract which promises to pay someone else dearly if willpower wanes can work effectively for most resolutions, except, of course, those which aim to reduce overspending, gambling, and financial debt. Punishing, or negatively reinforcing, relapses into undesirable behaviours, consistently, can help to relinquish old habits. Enlisting the support of family and friends works towards the same end, by making it more difficult for people to quit out of fear of what others will think of them.. Many share the myth that failure at personal goals signals moral and character weaknesses, which makes it more difficult for us to stray from resolutions under the constant vigilance of others. Perhaps the risk and humiliation of admitting failure, or the social support itself, is responsible for the high success rate of persons who make their resolutions more publicly known. Social support can be critical to resolution success, as well as helping to ease the burden of failure.



Smokers who are a[illegible]e to butt out are advised to stay away from caffeine and alc[illegible]h are said to trigger nicotine cravings. They are also forew[illegible]hat nicotine addiction is strong, and most quitters require sever[illegible]empts to kick the habit.

Public disclosure of resolutions made to friends and family has been suggested to be more effective in maintaining change than private pledges and intimate intentions. As well, engaging a partner in sharing a resolution is equally favourable to a high success rate. Tag-team dieters have found greater success than solo dieters; it is suggested that group dynamics and partipants help to identify and confront negative self-talk among one another, provide solutions to overcome obstacles, and help maintain commitment and solidarity because members feel a sense of responsiblity to one another.

Experts advise rearranging one's surroundings to improve the odds of resolution success. Placing memos, reminders, pictures, magazine clippings, mantras and incentives in all visible areas make it easier to avoid pressures on home turf, where it is believed to be easiest to triumph at tests of wills. Similarly, removing any and all sources of temptation can contribute to increased chances of resolution success, in a variation on the theme of "out of sight, out of mind." Thus, spendthrifts should destroy their stockpile of credit cards and debit cards, and overeaters should refrain from keeping any groceries that are high in fat, sodium or preservatives, within reach. Fitness fiends can rearrange their environment in a way that flexes their motivational muscle and their physical joints. By placing everything they own in high, low and remote locations within their home and workplace, they can provide themselves with the necessary push to stick to a resolution for increased fitness and exercise. If necessary, rearranging social plans and events is ideal in order to avoid situations where the pressure to indulge looms large, particularly for drinkers and smokers trying to kick the habit. Avoiding siutations, associations, or routines that were previously associated with poor habits minimizes the need for self-discipline in effecting personal change.


GETTING OFF THE MERRY-GO-ROUND
How to Control Your Destructive Habits In Relationships, Work, Food, Money...
CHANGIN FOR GOO
THE REVOLUTIONARY PROG
THAT EXPLAINS THE SIX STA
OF CHANGE AND TEACHE
YOU HOW TO FREE YOURSE
FROM BAD HABITS

***Getting Off The Merry-Go-Round*, by Carla Perez, M.D., and *Changing For Good*, by Prochaska, Norcross and Diclemente provide practical wisdom to counter the most stubborn of habits and addictions, in relation to relationships, work, food and money.**

It is most adaptive to become more conscious of one's actions and behaviours, with the reason habits form in the first place primarily a result of mindless motions and lack of self-awareness. Becoming more conscious of our internal clocks and the demands and competencies of our minds and bodies at different times (ie. for appetite, sleep, productivity, creativeity) can allow us to break many common habits like procrastination, tardiness and poor speech. Becoming more aware of our motions in private and in public enables us to avoid habits like nail-biting and teeth-grinding that while seeming innocuous, can be potentially harmful. The importance of seeking change lies in awareness of the habitual patterns that can be changed as well as as accept those which cannot be altered.

It is important to recognize that slips and lapses will occur, and to accept them without feeling compelled to give up the entire resolution regimen. Most successful resolvers admit to 14 lapses or slips before achievng their goals. Therefore, it is best not to fixate on recording days of abstinence but rather concentrate on the progress made and use the experience to examine how such temptation can be best avoided in the future.

The well-worn path to success is paved with resolutions that strive for moderation, limitations, and slow, gradual improvment, rather than abstinence. Such attempts at "cold turkey" for breaking a habit or addiction are much more stressful, involved, and doomed to fail. Besides, a well-balanced life, should retain some indulgences and excesses to break up the monotony and tedium of the drive for perfectionism. A resolution is an attempt to improve our lives– beating ourselves up for faltering is counterproductive to this goal. After all, what is the point of a slimmer, saner, smarter, healthier and wealthier you in the new year if it fails to make you happier? So advance into the new year with the resolve to do what makes you most happy–life is too short not to indulge in a vice or two.

If overspending is your biggest weakness, destroying your stockpile of credit cards and debit cards should be your first step to financial stability. Spendthrifts will likely be so inconvenienced by most banks' stingy hours and endless lines that they will be deterred from withdrawing money, except for basic necessities like rent, groceries, and CDs.

Write for The Medium.
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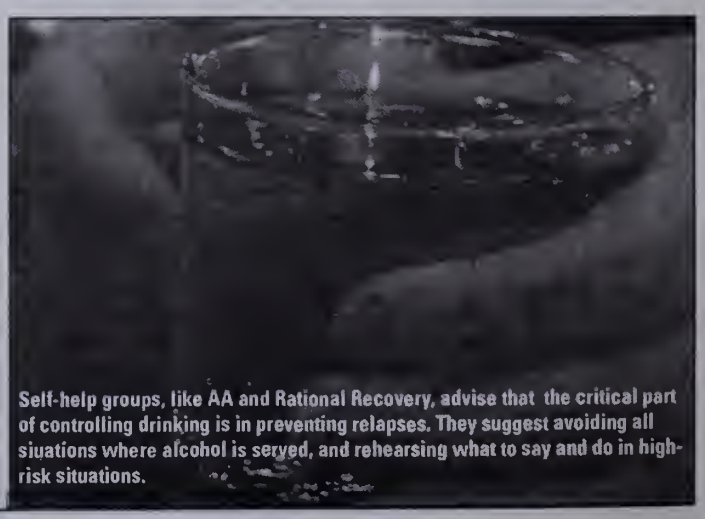

Self-help groups, like AA and Rational Recovery, advise that the critical part of controlling drinking is in preventing relapses. They suggest avoiding all siuations where alcohol is seryed, and rehearsing what to say and do in high-risk situations.

Weathering Winter

By Corinna Netta

Winter can be cold, dark and daunting, prompting desires to migrate south or hibernate until May. As the mercury drops steadily below the zero mark, energy levels plummet and moods dampen. Once the warmth and afterglow of the holiday season dims, the bleak reality of another harsh and brazen Canadian winter sets in. The dismal, nippy months of January, February and March lie ahead with their unbearable sub-zero temperatures, icy roads-turned-treacherous-glaciers, numbing frostbite, and loathsome snow-shoveling.

Despite life-long experience with

the sleet and snow of their native Great White North, for many, it remains difficult to weather the winter season. For 10 per cent of Ontarians, and thousands of other Canadians, the winter season makes them sick. Apart from the usual flu bug and sniffles, many suffer from the "winter blahs", "cabin fever", or what is clinically termed "seasonal affective disorder". SAD victims are typically affected by extreme fatigue, overeating, depression, irritability, moodiness, waning concentration, and a plummeting sex drive. A frigid lot for

For many Canadians, the winter season makes them downright sick. Each year 10 per cent of Canadians are afflicted by the symptoms of seasonal affective disorder, which include extreme fatigue, irritability, overeating and a plummeting sex drive. A frigid lot for northerners to deal with, indeed..

northerners to deal with, indeed. Despite its recent clinical recognition by the American Psychiatric Association in 1987, the symptoms of SAD are believed to date back to medieval times, for which it is believed Vikings on their Icelandic voyages acquired their reputation for being melancholic and ill-tempered– they first termed it skamdegisfunglindi, meaning "short-days depression". It is believed that other well-known SAD sufferers included William Shakespeare, who proclaimed "a sad tale's best for winter", and Vincent van Gogh, driven to cut off his ear in early December.

Experts remain doubtful about the seasonal slump that northerners claim to experience in their half of the hemisphere. Their skepticism comes from Halley, the southernmost research base on Antarctica, where residents endure winters that make ours look like snow globe flurries. With temperatures below minus 73 degrees Celsius, 160 km per hour windstorms, and where even the sun takes a two-month leave from its daily routine, researchers have found no such symptoms of the disorder among Antartic inhabitants.

Yet, many scientists have established some scientific evidence for SAD, suggesting a biological basis for the seasonal condition. They argue that the pineal gland might be to blame for its symptoms, as it is purported to control the timing of internal body clocks and circadian rhythms through its production of the melatonin hormone. Melatonin is produced in the dark and affects sleep patterns. With the shortened sunlight and longer, dark nights of winter, the body is believed to produce more melatonin. The longer melatonin resides in the body (or the longer the sleep), the more tiresome, groggy and cranky persons feel when they awaken, symptomatic of SAD sufferers. According to this line of reasoning, SAD sufferers are merely cranky, irritable, oversleepers to unaffected "morning persons". Since light halts the bodily production of melatonin, researchers have brightened the prospects for SAD sufferers, suggesting increased exposure to artificial light as the best remedy for their symptoms. It is also argued by some that winter's lack of light contributes to reduced levels of the brain chemical serotonin, which studies suggest triggers depression. Light therapy is the latest treatment for SAD, involving beaming patients with a TV-screen size box of fluorescent light, resembling a tanning bed, for anywhere between thirty minutes to three hours daily. The illumination delivers about 2,500 to 10,000 lux per visit, equivalent to the brightness of direct overhead sunlight in the peak of summer. Users sit open-eyed in front of the solar substitute, carrying on with their daily work routines–they have to in order to pay for its costly use that ranges from about $300 to $500. For those whose spirits are as much dampened by post-holiday financial debt as the inclement weather, there are several alternative remedies for beating winter woes. Outdoor activity, in peak afternoon sun, can be most helpful in increasing exposure to natural light and offers a greater intensity of illumination than artificial sources. For those who shudder at the thought of stepping out into sleet and snow, maintaining a home and work environment at bright levels is the next best antidote for dismal and downcast weather conditions.

Appetites change with colder temperatures, with many people reportedly developing specific hungers for fats, meat, candy and up to five meals a day during the winter months, according to psychologist Stephen Rosen. A nutrient-rich high-carbohydrate diet, consisting of foods such as pasta, potatoes, cereals and grains, can help to wrestle winter blahs by pinning down cravings to overindulge in sugary sweets and lifting energy levels. Consuming an abundance of

Winter can be cold, dark and daunting, prompting desires to migrate south or hibernate until May. But don't let cold feet keep you from enjoying the best that the season has to offer...

available citrus fruits, like oranges, grapefruits, lemons and limes, which are sun-drenched and packed with vitamin E, can provide the stored essential nutrients that the sun bestows on them in the balmy temperate and tropic zones. Comfort foods, like hot cocoa, soups and stews, can uplift spirits since they remind us of our past winters as children when the snowdrifts could never be high enough, the ice could never be too slippery, and mom-bundled snowsuits were impenetrable to any winter snow job Jack Frost could send our way.

Socializing and amusements, like board games, puzzles, and indoor hobbies, can help to distract people from the snowbound isolation, seclusion and boredom often encountered during the eternal winter months. Some games sure to thaw chilled spirits include You Don't Know Jack, the trivia computer game show with all the hilarity and humiliation of the television variety, including a smartass host; Outburst, in which the gift of gab is a player's most valuable asset; Been There Done That, which allows for more divulging of misdeeds and misdemeanors than a confessional; and the ever-popular Trivial Pursuit, which, like a host of other classic board games, was invented by like-minded snowbound Canadians during the lengthy winter months. For those who seek solace in more solitary pursuits, winter can be an ideal time to become well-read, learn a language, pursue an interest or class, become a culinary or musical aficionado, or write poetry and prose for the *Features* section of *The Medium*.

While winter may inspire the reclusive hermit in the majority of us, there are a whole host of winter worshippers who live for news of developing snow squalls, who flock religiously to ice rinks and ski slopes for outdoor thrills and spills. For outdoor enthusiasts, skiing, snow-shoeing, skating, snowboarding, snowmobiling and tobogganing provide more excitement and exhilaration than any sun-bathed beach or grassy surface can provide. The exercise involved in the season's sports can help to boost metabolism, energy and mood by raising endorphin levels, so it is optimal to keep some level of fitness during the winter months to beat the winter blahs, even if it involves only basic repetitions of packing and throwing snowballs, or slipping and falling to flex unused muscles.

Winter is not the only season to be regarded as foul and unsettling. According to Stephen Rosen, author of *Weathering*, all weather conditions bear a strong influence on mood, and mental and physical health. Rosen suggests that accidents, violence, crime and even suicide can be linked to changes in warm and cold fronts, atmospheric pressure, winds, precipitation, temperatures and even latitude. While inclement weather cannot be avoided, people can find comfort in the fact that seasons change. Anticipation of spring and summer can be curative of the emotional and physical discomforts associated with the dry, white season. Besides, there is a flipside to all the best and worst that the seasons have to offer, since the hot, sticky dog days of summer can make us feel just as under-the-weather as the bitter cold spells of the wintry months ahead. One need only conjure up the more favourable aspects of winter to survive its less-than-cordial welcome: tobogganing, snowball fights, gooey hot chocolate, warm hearths, roasted chestnuts, and the indelible charm of watching a blizzard blanket the outdoors from the sanctity of a cozy, overstuffed armchair.

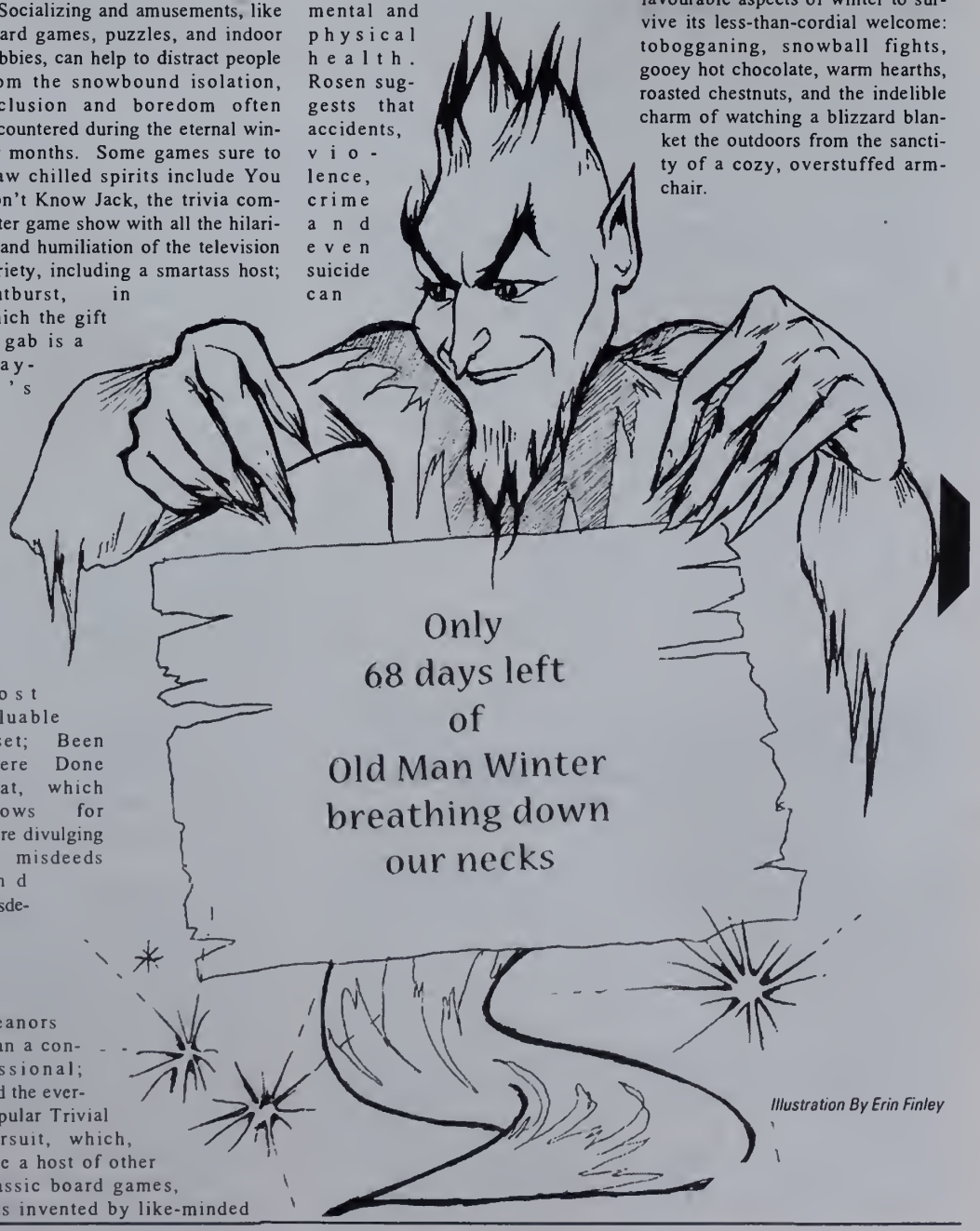

Illustration By Erin Finley

Arts & Entertainment

UTM artist's talent can't save exhibit

A huge crowd at an opening, especially a crowd composed of gushing women and turtlenecked men, might validate an art exhibit by many people's standards. A big turnout, however, does not a successful show make. In the twentieth annual juried competition at the Art Gallery of Mississauga (the show runs until January 16), the clichéd curation is disappointing to say the least.

Fine Art Review

By Heather Saunders

This is not to say that the calibre of work is low. From Evelyn L. Gracey's pastel, rhythmic *By Dawn's Early Light*, to Ray Scott's dynamic *Thunderhead* sculpture, and from Lisa Irvine's ghost-like christening gowns, to Cathy Dewar's cross-stitched *Square by Square*, the level of talent is high. The variety of media selected is also commendable, but the variety within the media raises a problem, particularly regarding two-dimensional work.

The juxtapositions of two-dimensional work create a misleading impression of variety. For example, in the kitchen/produce still lives "section", Dowling Knight's fluid and colourful depiction of vessels resides beside Keith Moreau's rigidly-defined, monochromatic representation of vegetables; in the landscapes "section", Fran Cohen's *Land of the Leprechauns*, with its boldly outlined, psychedelically-coloured trees, is juxtaposed with Gil Caldwell's trees and houses that look like they were extracted from a trigonometry textbook, or a drafting table; in a later "section" of landscapes, Reina Nieland's abstract, enlarged outdoor setting contrasts Lyola Routliffe's identifiable scene of lawn-chairs by the lake; in a wall of portraits, Jorge Correa's *The Bather* is more softly rendered, with a delicate coating of water droplets on skin, than the blocky, geometric rendering of a presumably nude figure in Jo Walterson's nearby *Judgement*. Despite variety within these categories, the fact remains that there are categories. Still lives, landscapes and portraiture dominate the selection of two-dimensional work as was the case hundreds of years ago.

Aside from Frank Barry's interestingly shaped canvases in *Pas de Deux*, and Gertrude Kearns' *Go/Come/Stay*, the two-dimensional work is very conservative. Oddly enough, though, many of the sculptures are of the contemporary flavour, such as Domenic Hay's untitled, cocoon-like marriage of wax and nylon, and Don Dickson's *Metal Music*, a towering construction of sonically-pleasing steel rods with copper coverings that recall cat-tails. Interestingly, awards were grouped into Fine Art and Sculpture, revealing separate attitudes towards each. Are needlepoint and printmaking, both considered Fine Art in this exhibit, not just as different as two-dimensional versus three-dimensional work?

Certainly artists have every right to work in a traditional or conservative manner, but the exclusion of contemporary two-dimensional work from this exhibit seems suspicious. A student from a nearby arts school commented that it seems like the Art Gallery of Mississauga is trying to cater to the tastes of a specific crowd by producing a safe show. The same could be said of its last juried open competition, held in the summer. What does it say about the curation when rejected artists explain their attendance by stating their mission to check out the content so they can try again for next year's show?

Lisa Irvine is one of many talented artists featured in the AGM's juried exhibit. The show's downfall was an almost insulting arrangement of artwork, and preference of conventions.

Don't waste Christmas $ on these CDs

CD Reviews

Brendan Lynch
Self-titled
(Mercury)

Pretentious. There's no better word to describe the music of **Brendan Lynch**. The liner notes bombard us with wide-angle photos of the brooding and pensive singer. The title track, *Get Over Yourself* seems incredibly appropriate.

The content of the songs is as annoying as **Lynch**'s strained I-wanna-sing-like-the-guy-from-The-Tea-Party voice. *Embryo* is certainly annoying, with the opening line of wisdom, "I hit the age when I'm answering questions." *Anybody Out There* is no better with the first, eerily sung line, "Is there anybody out there?". Hmm, does Pink Floyd come to mind? The most irritating track is *Ride*, in which **Lynch** sings of being "half-way heated" by a girl who says "I'm gonna take you for a ride/would you be my waterslide." Actually, *Volume* may be equally abrasive, with its mindless lyrics, "I need a little Volume, Baby/And it ain't coming from my radio...Let me see the Frequency you're on." When **Lynch** sings of "a loser on the radio," one wonders, is he referring to himself?

–Heather Saunders

Mystikal
Unpredictable
(Jive)

It's hard to take an album seriously when the first three songs each mention "mother$#@!er" within the first few seconds. It's tempting to describe *Unpredictable* in the cursing style of **Mystikal**. However, in the interest of not offending the student body, this mother$#&%er will keep her mouth shut.

Mystikal is angry, that's for damned sure. His *Twist*/Korn-like grunts ring with anger. When his ranting is quick paced, at least it jibes with the antagonistic sentiments expressed in the lyrics. That's great and all, but shouldn't music please the ears? *Thirteen Years* comes close, with a boppy, childlike beginning but the pleasantries are soon cut short. *Aint' No Limit* has a similarly fun beginning, with the sounds of dripping liquid. Maybe **Mystikal** should consider going the instrumental route, because his raspy tirades kill every song. Lyrics can't get much more degrading than "Put a crack in your ass...shake this bitch like gelatin." I'm shaking my head in disgust, **Mystikal**.

–Heather Saunders

(hed) p.e.
Self-titled
(Jive)

(hed) p.e. is little more than predictable and repetitive. The biggest problem here is that **(hed) p.e.**'s fusion of so-called punk and rap simply does not work.

As punk performers, they just don't seem to know much about punk, and as rappers they suck. The elements rarely mesh so the band compensates by arbitrarily switching from one genre to the next. A few of the tracks begin with promising experimental electronic effects but always end abruptly to make way for the requisite wail of guitars. Although on this album a number of interesting ideas are presented, they never pan out.

The sound is loud and the lyrics (the band's worst problem) are banal and heavily clichéd. Lines like, "stand by my side," "stand/fly/walk with me," and "I come as I am, I come when I can" are among the few that could be discerned from the screeching rap imitation.

It seems like **(hed) p.e.** assumed that by referring to themselves as a fusion of rap and punk, listeners wouldn't notice the guitarist's lack of technical skill and the generally crappy lyrics...sorry boys, punk is so much more than this!

–Giovanni Senisi

Leann Rimes
You Light Up My Life/ Inspirational Songs
(EMI)

You Light Up My Life/Inspirational Songs has got to be one of the most depressing albums ever produced. Since when was Bette Midler's *The Rose* inspirational? Even songs that are potentially inspirational sound so sad that one can only feel sorry for the singer.

The presence of *God Bless America* and *National Anthem* (American...of course) does not help matters either. These songs are nothing more than superficial flag-waving, something that characterizes our American neighbours.

One must admit that **Rimes** does have an incredible voice (*Amazing Grace* being the album's high point). Unfortunately, she treads Michael Bolton territory in her lack of restraint.

Although this album of cover tunes is competent and produced relatively well, the songs turn out to be little more than copies of their originals with an added country twang.

–Giovanni Senisi

Eddie Money
Shakin' with the Money Man
(CMC International

Eddie Money opens one of his songs on this album with, "Welcome to the Eddie Money party." Is he aware that it's been a long time since his music was played at any party? Unless you adore **Eddie Money**, you probably won't buy *Shakin' with the Money Man*. You probably won't care about the many photos of the musician with his friends and family accompanying the liner notes . You'll probably feel embarrassed for the fans who sing along to his music in the live recordings.

While **Money** has released some new songs, he still can't be budged from the "retro" category. His mellow sound and rough, Rod Stewart-like voice just don't mesh with 90s music. However, he's fighting to be considered contemporary, as is evidenced by the announcement on the liner notes, "Coming soon! Eddie On-Line; Eddie Money.Com; Stay in Touch." Will Billy Ocean be going on-line as well?

Shakin with the Money Man is a mix of new songs and live recordings of old hits like *Take Me Home Tonight* and *Two Tickets to Paradise*. Just in time for the holiday season, he released *Everybody Loves Christmas*, a cheerful original.

Eddie Money is a lot like the Energizer Bunny. Aside from almost-rhyming names, they're both annoying to some degree, and they're still going...somehow, by some miracle. Will something soon please outlast **Eddie Money**?

–Heather Saunders

Jeb Loy Nichols
Lover's Knot
(Capitol)

The music of **Jeb Loy Nichols** is best described as too jazzy to be considered either country or blues, but too downtrodden to be jazz.

The content of *Lover's Knot* has a country/blues feel. He sings of his "darling" and his "angel" and his "dear" with a country twang. *Wipe Away a Million Tears*, *Our Good Thing (Just Gets Better)* and *Yesterday's a Long Time Ago* are about love, and are linked with the blues genre.

Giving lift to **Nichols**' rather insipid voice are the background vocals of the Holmes Brothers that recall the high-pitched Fine Young Cannibals. The jazzy background featuring the trombone, saxophone, tuba, etc. is also a saving grace to **Nichols**' blandness. The most exciting feature of the album is the artwork: it is blurred with interestingly cropped photos, and ill-proportioned sketches.

–Heather Saunders

Overkill
From the Underground and Below
(CMC International Records, Inc.)

A long time ago in a galaxy far, far away, **Overkill** was one of the pre-eminent heavy metal bands. Now they are just a bunch of meatheads trying to act tough, by showing the world that they can still be explosive and dangerous. This album, however, does not cut the mustard. In fact, it just cuts the cheese.

From the Underground and Below is another album that should never have been made. *It Lives* opens the album, setting a mediocre tone that **Overkill** struggles to maintain. *Little Bit O' Murder* closes the album (thank God). Everything in between proves to the world just how uninspired **Overkill** really is. **Overkill** is mainly a guitar-driven, machine gun drumming album, but there are some extras. *Save Me* and some other songs have sampling–an indication of **Overkill** trying to evolve into the 90s. They can't, of course. This album is hardly different from the albums produced ten years ago.

Overkill's *From the Underground and Below* is shit to put in your CD player. **Overkill** is overdone and should be laid to rest.

–Robert Price

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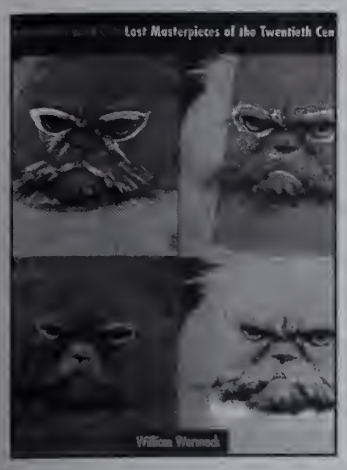
Cats, Christ and Veggies



William Warmack
Composition With Cat: Lost Masterpieces of the Twentieth Century
(Ten Speed Press)

In contemplating modern art, do cats come to mind? Probably not, because popular artwork can generally be linked with a specific artist or group of artists. None of the images in *Composition With Cat: Lost Masterpieces of the Twentieth Century* are signed, according to author William Warmack. His curatorial preface and comments on each particular work of art are adamantly serious about cats being the inspiration for modern art as we know it. However, the photo of the author smirking at the back of the book reminds the gullible and or feline-loving reader that his comments must be taken with a grain of salt (or with a handful of kibbles).

BOOK REVIEW
BY HEATHER SAUNDERS

While all of the altered art work is enjoyable and amusing because it incorporates images of cats, paw prints, cat feces, etc., some are almost predictable. A blue collage of a standing cat in the cut-and-paste style of Matisse, for example, provokes little more than a half-grin. Some, however, namely the more abstract works, are quite impressive. Imposing a cat image on nonfigurative paintings by Frank Stella, Mark Rothko, Jackson Pollock, Robert Motherwell, and Piet Mondrian is challenging, to be sure.

Among the highlights are scrabble letters spelling "Lioness" in front of a public library, in the colossal "happenings" style of Claes Oldenburg, and the photograph of the Egyptian sphinx resembling a cat with the intersecting folds of fabric that it's wrapped in, in the style of Christo, who was interested in wrapping architectural structures like the Reichstag. All of these feline-based works of art have information about the famous contemporary artist who likely produced them. Hence, any one lacking knowledge of contemporary art will still appreciate this book.

Warmack ends the spectacle with a brief biography of each artist whom he presents as a cat-lover. He imagines each artist's feline companion and what forces drew them together. Often, the pets have feline-typical names that play on those of their owners, like Cotton Oldenburg for Claes Oldenburg. His best biography is of Pablo Picasso, in which he insists that the "self-obsessed, demanding, difficult and vigorous" artist probably was a cat.

Anyone who loves *Why Cats Paint*, a book written in a similar vein by Heather Busch and Burton Silver, will also adore *Composition With Cat: Lost Masterpieces of the Twentieth Century*.

Robert Atwan, George Dardess, Peggy Rosenthal, editors
Divine Inspiration: The Life of Jesus in World Poetry
(Oxford University Press)

Divine Inspiration: The Life of Jesus in World Poetry appears, at first glance, to be an intimidating volume of verse compiled for the Christian orthodoxy. Wrong. *Divine Inspiration*, with its many poets, poetic forms, and viewpoints, is a compilation for all Christians who wish to have a comprehensive look at Christianity in poetry.

The book's introduction is very

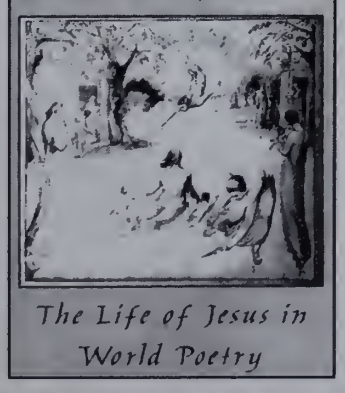
BOOK REVIEW
BY ROBERT PRICE

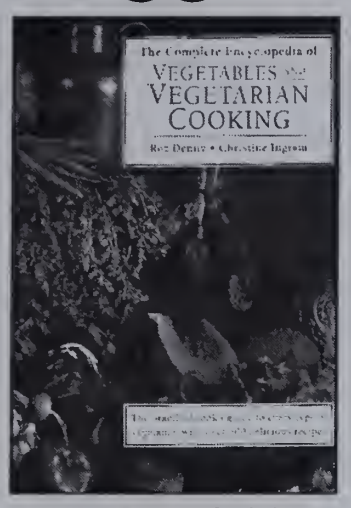
enlightening. It explains the editors' desire to examine how "a local culture conceives the meaning of Jesus's life and makes the gospels its own." It also gives a brief history of Christian poetry, explaining how it evolved from formal beginnings as church dictum composed by theologians to the present day incarnation as a personal response to multi-faceted religion.

There is no one specific Christian doctrine represented in this book. Peggy Rosenthal explains that the poems were selected because they were inspired by the Gospels. This approach opens the door for appreciation and various interpretations by Christians of all denominations.

The entries were written by poets from different countries, time periods, and religions, thus creating a collection of poems of various functions. Some of the selections are of a public nature, used during celebrations as hymns and prayers. Others are of a more personal nature; these are the most interesting because they encompass every aspect of a human being's thoughts about God. Some poems criticize the church while others question the legitimacy of Jesus as Christ; other poems reflect on the necessity of religion while some praise Jesus outright. Poets of other faiths are also included. Their writing reflects on the Gospels in a way that Christian poets cannot.

Divine Inspiration presents a complete and objective history of poetry inspired by the Gospels. By quoting Gospel passages that inspired the poets, the editors have made *Divine Inspiration* accessible to those unfamiliar with the Bible.





Roz Denny and Christine Ingram
The Complete Encyclopedia of Vegetables and Vegetarian Cooking

The Complete Encyclopedia of Vegetables and Vegetarian Cooking by Roz Denny and Christine Ingram could make anyone forget that meat ever existed. For those who don't want to forget, there is a section of "virtually vegetarian" recipes that incorporate fish and seafood. Unlike many vegetarian cookbooks, *The Complete Encyclopedia* does not glorify vegetarianism by listing its nutritional or ethical benefits. Rather, it celebrates vegetables with glorious colour photographs and tantalizing recipes.

BOOK REVIEW
BY HEATHER SAUNDERS

The first section is the encyclopedic aspect. The introduction deals with complements to vegetables, like pasta, rice, oils, herbs and spices. Selection and preparation are the focus. Next, vegetables—from common to exotic varieties—are grouped together. The history, nutritional value, and preparation methods are given for onions and leeks, shoots and stems, roots, greens, beans, peas and seeds, squashes, fruit, salad vegetables, and mushrooms.

The following pages comprise the cookbook section, with over 300 unique and traditional recipes from all over the world. Beautiful colour photographs show not only the final product, but the steps required to get there. The authors suggest variations on the recipes, and recommend complementary dishes, as well as speculating perfect occasions for serving these mouth-watering dishes.

BOOK REVIEWERS NEEDED (BADLY).

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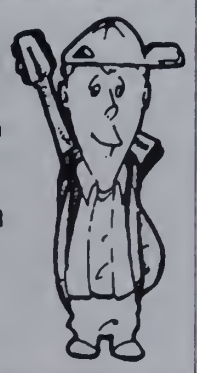

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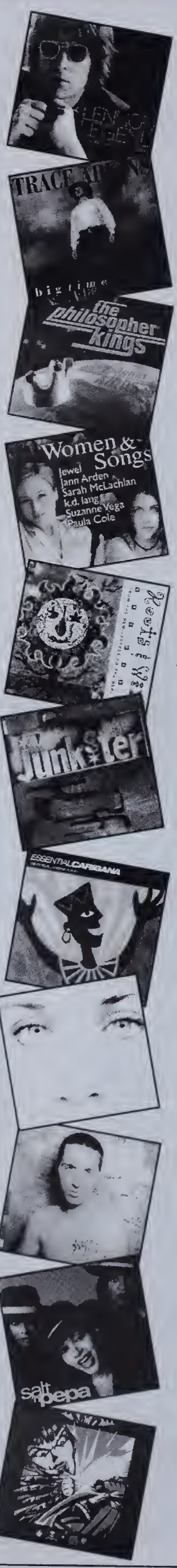
CD Reviews



John Lennon
Lennon Legend
(Warner)

John Lennon's soulful music is appropriate for many holidays: *Give Peace a Chance* bears special importance on Remembrance Day, and *Happy Christmas (War is Over)* was recently heard on the airwaves. Besides holidays, movies are a constant reminder of **Lennon**'s music, from *Stand by Me* (featuring the track of the same name) to Mr. Holland's Opus (which featured a tear-jerking rendition of *Beautiful Boy*). The CD promoters agree, saying that **Lennon**'s "spirit and music continue to dominate popular culture."

In the twenty tracks spanning **Lennon**'s solo career and the Plastic Ono Band, the power, passion and beauty that defined him as a legend are expressed. *Power to the People* and *Give Peace a Chance* remind the listener of the possibilities of the world; meanwhile, in innocent-sounding songs like *Imagine*, *Love*, and *Beautiful Boy*, the irrevocable simplicity of the world is again clear. Only **Lennon** can be forceful and gentle in the same breath.

Noteworthy qualities of the album include digitally-remastered tracks, the inclusion–for the first time–of all of **Lennon**'s UK chart singles on one CD, and rare photographs in the CD booklet.

–Heather Saunders

Trace Adkins
Big Time
(Capitol)

Linedancers should take well to **Trace Adkins**'s *Big Time*. The sparse use of instruments like the piano in the title track and the violin in *Snowball in El Paso* works well with **Adkins**'s clear, bellowing honky-tonk voice. Move over, Randy Travis.

One can't help rolling their eyes at the subject matter of the songs: a children's book in *See Jane Run*, and everyday Jewel-esque events in *Snowball in El Paso*. It's anyone's guess whether his cliché-ridden lyrics like "till the last beat of my heart" are any better than his down-to-earth lines like "I'm in love with you big time" and "24-7, you're the only thing that matters to me." If you can block out the lyrics, you may enjoy the album big time, but only if you're a fan of country music.

–Heather Saunders

The Philosopher Kings
Famous, Rich and Beautiful
(Sony)

Okay...first, try to forget the cheesy **Philosopher Kings** commercial that you've seen on Muchmusic...okay, now forget the pretentious title and what we're left with is really cool music.

The Philosopher Kings blend their vast combination of styles so well that the result sounds wholly unique. Imagine Jamiroquai with originality. *Famous, Rich and Beautiful* really exhibits the band's musicianship. Jazz and soul are basic components of the music but **The Kings** consistently push and pull in new directions.

The lyrics are more direct and upbeat than those featured on their last album. Referring to the lyrics, lead singer Gerald Eaton said in an interview, "We wanted to make it uncool to be a loser and make it cool to be a winner again." The most unashamedly overt attempts at this idea surface in the song *I Am the Man*, their first single and the weakest offering on the album.

The wide variety of textures and themes on *Famous, Rich and Beautiful* make it sure to please just about anyone.

Various Artists
Women and Songs
(Warner)

Aside from excluding a few major contemporary female musicians like Tori Amos, Madonna, and Whitney Houston, the selection on *Women and Songs* is impressive. The album features established musicians like **Indigo Girls** and **Suzanne Vega**, Canadian performers like **Sarah McLachlan** and **k.d. lang**, plus upcoming talents like **Jewel**.

The choice of songs is somewhat disjointed. Half of them could form a compilation of love songs–**Sarah McLachlan**'s *I Will Remember You*, **The Pretenders**' *I'll Stand By You*, **Donna Lewis**' *I Love You Always*, **Mila Mason**'s *Dark Horse*, and **Jewel**'s *Foolish Games*. The other half of the songs are not sappy, but at the same time, they don't relate to each other otherwise. **Paula Cole**'s harsh *Where Have All the Cowboys Gone?* is vastly different from **Alana Davis**' danceable *32 Flavours* which is vastly different from **Emmylou Harris**' subdued *Goodbye*. The inconsistent style, theme, etc. explains the bland title, *Women and Songs*. More importantly, though, Alan Fletcher's compilation of female musicians is significant; it reveals that these artists have established a genre all their own.

–Heather Saunders

Various Artists
Roots & Wings/From the Hemispheres to the Realworld
(EMI)

From the Hemispheres to the Realworld is a compilation album of contemporary roots music from all over the world. Listening to this album is definitely an eye-opening and mind-expanding experience.

The instrumentation is simultaneously traditional and experimental (ever wonder what an electrified goat's stomach sounds like?). The incredibly cool opening track by Poland's **Gregorz Z Ciechowa** features a chicken that clucks to the rhythm. The mbira, daduk, and n'goni are just a few of the other highly unusual instruments featured elsewhere on this album.

The astonishing quality and depth of the music chosen by Philly Markowitz for *Roots & Wings* provides the impetus for self-directed explorations into the music of other cultures. Songs like *El Pescador* by **Totó La Mompasina Y Sus Tambores** from Colombia make the listener hope the CD never ends. They tease by offering just enough to entice but not enough to satisfy.

Especially notable is the inclusion of a previously unreleased track by Canada's own **Jane Bunnet** who records her music in Cuba with local talent that would otherwise be unknown. Since her groundbreaking Canada/Cuba co-production *Spirits of Havana* (1992) her music has developed and the song on this compilation is the culmination of her efforts.

From the Hemisperes to the Realworld is a must-have for anyone interested in getting a taste of what some call "World" music. And, because all the material is current, it would also be a great sampler for those who just want to get up-to-date.

"Partial proceeds from the sale of each CD will be used to purchase Freeplay wind-up radios for use in education projects in rural Honduras and El Salvador."

–Giovanni Senisi

Junkster
Self-titled
(BMG)

This Dublin-based band likes to "junksterize" otherwise organic music. Like Hooverphonic, another European band, all of **Junkster**'s music is written for acoustic guitar before being brought into the techno realm.

Some of the tracks on **Junkster**'s self-titled album have a less-tampered-with sound than others. All of the tracks except the sedated, beautiful *The Only One*, the initially classical/orchestral *Clown* and the initially classic rock-sounding *Waen* begin with extremely danceable beats.

Vocalist Deidre O'Neil's voice alters perfectly to suit the mood of the music. Within *Mr. Blue* and *The Only One*, for instance, her voice changes from strong and sultry to sweet and vulnerable within seconds. For this reason, and for the infusion of techno beats, Canadian Lori Yates comes to mind. Certainly, **Junkster** is equally talented. The band's self-titled album is a worthwhile purchase.

–Heather Saunders

Various Artists
Essential Caribana
(Beat Factory)

Let the exotic sounds of Carabana whisk you away from the frigid winter weather. *Essential Caribana*, featuring songs from 1967 to the present, is nonstop fun; in fact, the first track, by **Lord Kitchener**, is called *Sixty-Seven*. **Lord Kitchener**, **Mighty Sparrow** and **Gabby** are the only musicians featured multiple times. The mélange of instruments in each track creates an explosive, danceable sound that threatens to overpower each singer's voice. This is a compilation with which you can really "let go", especially if you don't pay attention to the political content of tracks like **Gabby**'s *Boots*. Also featured are **Mighty Sparrow**, **Grynner**, **Black Stalin**, **Duke**, **Jayson**, **Superblue**, **Ras Iley**, **Preacher**, **Calyspso Rose**, **Square One**, **Connector**, and **Gillo**.

–Heather Saunders

Fiona Apple
Tidal
(Sony)

Pianist. Lyricist. Vocalist. **Fiona Apple** is indisputably talented. Her album, *Tidal*, is addictive. The musician herself is like a wave, cursing bitterly at times, but only moments later, serene and caressing. As she sings in *Sullen Girl*, "it's calm under the waves". In *Sleep to Dream* and *Criminal*, the background music rolls with **Apple**'s punches while *Sullen Girl*, *Slow Like Honey* and *Never is a Promise* are peaceful enough to put any insomniac to rest.

Apple has the same deep-throated, soulful voice like that of Jonette Napolitano (Concrete Blonde) and Janis Joplin. In rare moments like the ending of *Never is a Promise*, she reveals her vocal range and her ability to sing with saccharine sweetness. Her head-hung-low kind of singing suits her better, though, because she exemplifies pure strength. *Tidal* reflects this character trait in its continual promotion of self-empowerment. **Apple** sings of courage in *Never is a Promise*, of feeling grounded in *Sleep to Dream*, and of resisting bad relationships in *Shadowboxer*. Fortunately, **Apple** delivers her positive message without sounding like a moralist. The entire album flows naturally, like an excerpt from her journal. Images like "all of my armour falling down, in a pile at my feet" are as incredible as the music itself.

–Heather Saunders

Joseph Arthur
Big City Secrets
(Virgin)

The sketches on the liner notes of **Joseph Arthur**'s *Big City Secrets* are quite revealing: scrawled interpretations of humans and animals seem like blind contour sketches, but are actually carefully constructed drawings.

Arthur's music reflects the organized chaos of the artwork. For one thing, there's lots of action going on, recalling the frantic interplay of drawn lines. Instrumentation ranges from the expected guitar and drums to the unexpected scaffolphoneum and cow gong. The background music is neither subordinate nor dominant to **Arthur**'s confident vocals; his singing style is as varied as the instrumentation, recalling in the title track the late Michael Hutchence's voice and in *Crying Like a Man* Leonard Cohen. The effect is solid. The comforting mellow quality, however, is as deceptive as the smooth borders of the doodle drawings. Take a listen to the lyrics; the plague and Prozac aren't exactly happy subjects. Lines like, "And if this song was a sponge/soaked in your blood..." and "I squeeze the last bit of you/out of a bottle of your old shampoo" are somewhat disturbing. If angst is what you crave, you're in luck. If not, tune out the lyrics, because the album is otherwise very enjoyable.

–Heather Saunders

Salt N' Pepa
Brand New
(Mercury)

Without their longtime producer and cofounder, Herbie "The Luv Bug," **Salt N' Pepa** are out to prove that they can do it on their own. Luckily, they go even further with their newfound independence.

Brand New is the most consistent album they have ever made. Of the thirteen tracks only a few are boring and repetitive, which is a big improvement. A variety of guest vocalists ranging from Sheryl Crow to Queen Latifah help to break the usual monotony.

The entire album was produced by **Salt N' Pepa** and as such, their progressive attitudes toward life are stronger and more visible than ever. Religion, God, sex, self-empowerment and racism are covered without the usual superficial run-through. The vibe is definitely positive.

Fans of **Salt N' Pepa** will love this album and probably cherish it as one of their best, but if you're not a rap fan you might find the lyrics dense and wearisome.

–Giovanni Senisi

KMFDM
(Wax Trax! Records, Inc.)

Sascha and his entourage are *doin' it again*. **KMFDM**'s newest album is a great followup to the catchy *Juke Joint Jezebel* from *Nihil*. Like their previous releases, these hard, industrially programmed songs are so much better cranked. Being able to discern the lyrics is unimportant. So many of the words are foreign or invented anyways. Just scream along with the fishnetted wonder En Esch and the amazing female vocalist Abby Travis.

The album's highlights include *Megalomaniac*, their first single. It's a track that is best screamed by the listener, as is *Leid Und Elend*. Pig's Raymond Watts lends his vocal talents to *Spit Sperm* and *Unfit*, the latter being one of the strongest tracks. If the name Watts doesn't ring a bell, he's the one who exposed himself relentlessly at the recent Toronto concert.

–Vicki Schelstraete

SPORTS

drawings by Erin Finley

1998 BALL HOCKEY PREVIEW

33 teams are set to do battle in the revamped format of the men's ball hockey league

This year's edition of the men's intramural ball hockey league has been reformatted. The teams have been split up into two leagues: Tier 1–NHL and Tier 2–IHL.

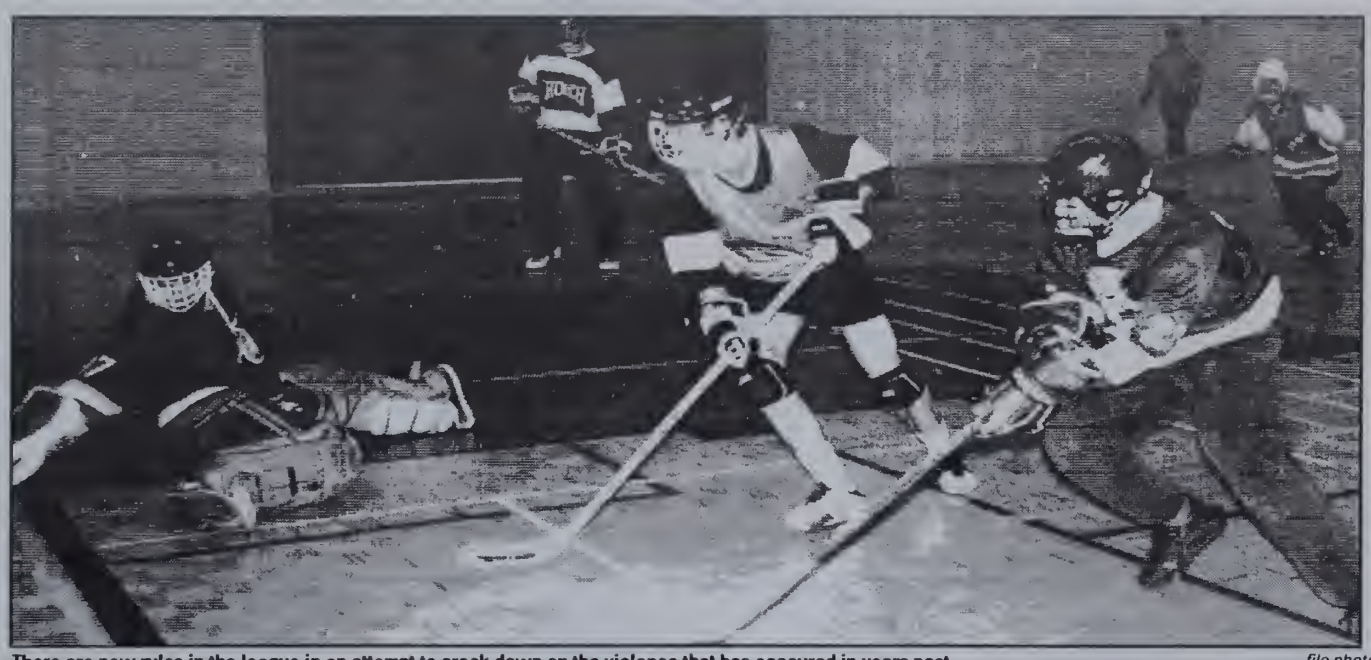
The two leagues are further subdivided. The NHL has two divisions (East and West) with 10 teams each for a total of 20 teams.

The IHL has two divisions (North and South). The 13 teams in this league are distributed unevenly with seven teams playing in the Northern division and six playing in the South.

In the NHL, the top six of the 10 teams in each division make the playoffs. In the IHL the top four from each division make the playoffs. The further playoff format will be posted in week 2 of the season.

The entire schedule up to week 8 will be posted Monday January 5 at noon on the bulletin board down the hall from the gym.

–Nelson De Sousa



There are new rules in the league in an attempt to crack down on the violence that has occoured in years past. *file photo*

NHL

EASTERN DIVISION

Fury

Fury has a made a mark in the Erindale Ball Hockey League by continuing to win championships. A new year is upon us and the defending A–Division champion is back to win its third championship in three years. Co-captains Amrit Chohan and Shahbaz Alikhan are the backbone of the Fury, and are two of the the five remaining Fury players from last year; the others include all-star defenceman Paul Curran and defensive partner Mario Mallozzi, as well as goalie and last season's rookie of the year, Johnny Carrabs. Departed captain Chris Dias, Darin Baring, Bryan Foo, and Ike O. will be missed, but the Fury are stronger this year. Improved depth, with the combination of finesse and grit from key pickups will make the difference. Important additions include Johnny's brother, Chris Carrabs, Rayhan Malik and Shaheen Limbada from the Snipers, and Harpal Panglia from Sigsbee. Fury has solid help on the blue line with the likes of Marko Radosevic, Carlo Luccia and the big Dimitri from Corruption. Overall, this new balance of offence, defence and goaltending is not matched on paper, but, of course, the real game is played on the floor.

Hellfish

B–Division champs and last year's Cinderella team, have visions of even bigger upsets; this revamped Hellfish squad is ready to do battle in the big time. Rumour has it that they have signed goalie Mark Riopel, formerly of the Reservoir Dogs. This all-star goaltender could vastly improve the team's chances of getting to the finals. Key returnees include John Daniel, Brad Southwell and Steve Pontet up front, with Dave Curran, Dave Shippen and Marcus Pratt on defence. Other additions include first-year players, Jean Souliere, Neal Carley, and Eric Sugar, while Jose Izquierdo and Trevor Scheffel add to the team's already great depth. Overall, their players abilities to score and prevent goals, as well as a possible acquisition of a true all-star goalie, could lead to a very successful year for Hellfish. All that stands in their way is their suspected over-confidence.

Untouchables

Last year's semi-finalist is ready to go even further this year. It will be a huge test but this team has improved vastly since last year. With the likes of Paul Dimtsis, Mandeep and Sam Gill, and Rav Johal (formerly of the Snipers), the offence could flourish. Fareed Khan will be a defensive backbone. Sheraz Mahmood will need to come up even bigger in goal than last year to allow this talented team to exceed expectations. Aman Mundi, a first-year player, is predicted to be a pleasant surprise. The team's lack of discipline and their inability to control their emotions and actions on the floor (with their sticks and their mouths) could be their downfall, and could get them into deep water once the games are under way.

Huge Midgets

A much improved Huge Midget's team still has the same physical presence, but it has also added strength up front and between the pipes. ICP's loss is the Huge Midgets' gain as Ron Weiss becomes one of the Midgets to add some scoring and much needed punch up front. Dave Giuliani anchors a rock-solid defence corps, which could be even better if the Zammit Bros. are truly part of this team. Finally, their goaltending with Erol Eren will be outstanding if Eren continues to play well, as he did last year as a Sniper. This goaltending will give the Midgets an advantage over the Hawks, but Midget's downfall could very well be their lack of discipline; then again anything is possible in Erindale ball hockey.

Hawks

Expecting the worst from the Snipers (since the team lost half of last year's players), could work to the Hawks' advantage. With no set goaltending crew after losing Erol Eren to the Huge Midgets, the team is drastically weakened. Captain Randeep Khurana and the "bad boy" Fancy cousins, Zuhair and Zain, will provide leadership. But will it be enough? There have been rumblings out of ball hockey central that this team could include possible returning A–players, such as Ranbir Singh and Gabe Galambos. This could be a crafty beginning to a very untalented team (on paper), but by the time the season starts it could turn into a much different team on the playing surface (hint, hint). Bryan Foo's A–division medal from Fury will hang in the Hawk's locker room as moral support in their quest for the championship dream.

V.I.P.

Split from last year's V.I.P. Bre, V.I.P. has some members returning without the Bre. This will be a team that, with veterans Nick Postic, Dejan Kostovski, Brian Diogo and Tony Rammos, will rely on hard work and grit to proceed into this year's playoffs; possibly relying on first year Anmol Sidhu to play goal could end up putting too much pressure on him. Hey, not everybody is like Johnny Carrabs!

Red Army

Red Army will be very interesting to watch, as many observers think the team has the makings of a '98 playoff contender. Sanjeev Sodia is the captain of the Red Army team that is made up of first to third-year players. It will be interesting to see how the rookies perform, and how their goaltending will handle the powerful offensive skill of opposing teams.

Senators

After last year's disappointment of missing the playoffs, the Senators are key on coming back in '98 and fighting for a possible playoff spot. Daniel Tolj captains a team that, despite a victory over the B–Division semi-finalist Untouchables in the regular season, looked like a team lost in the shuffle last year. They need their offence to step it up a notch and strong efforts from defence and goaltender.

The Shaggers come into the

Shaggers

1998 ball hockey season as a new team formed from grit and leader-

Men's cont'd on page 12

Men's intramural ball hockey teams get ready to face-off

continued from page 11

ship. Mike Giordano, Rob Bellissimo, Pedro Tavares, and Angelo Romano will provide leadership for this undefineable team while Leonardo Maia will hopefully stand tall like a brick wall to prevent this team from hitting the basement of the division. This team still could finish sixth and sneak into the last playoff spot.

Handymen

Handymen, which had its struggles last year, signed a great number of players to their roster:18 as of the commencement of the league. Led by their leading scorer and B–Division sniper Scott Besselle, this team will struggle to keep the ball out of its own net because it has mediocre defence and suspect goaltending.

WESTERN DIVISION

Hooch

Last year's A–Division finalist is a much different team now. Returning Hooch members include forward Tim Jursa and defenceman Janos Csepreghi and there are rumours of the return of Derek Brennan. This could mean the addition of much needed grit. The rest of the team consists mainly of Silver players from the past couple of years. Chris Murphy and Chris Morton present some offensive help, while Dan Russell and Chris Murdoch are defensive anchors on the point. There is one question surrounding Hooch: who will be the goalkeeper to lead them to the promised land in a possible return match with Fury? Word is out that Allan Ferreira could be returning. Another rumour has all-star forward Craig Lawlor being scooped up by Hooch. If these acquisitions are made, and Chris Murphy's younger brother Steve is as good as people say he is, this team could go all the way, and sip from the championship trophy.

Warriors

The main components of this powerhouse come from last season's Arctic Blast. They include offensive spark plugs Matt Barrese, Steve Ambrosio and Gary Desouza, as well as defensive weapons Paul Paradine and Sanj Bhalla. Key additions include Larry Lippa and Scott Blackwood from the Vipers, and their goalkeeper, at this time known only as "Joey"; who the talented keeper is, we will have to see. Watch for Rob McEachern to be a key part of the attack as well as the team's defence. In recent years this team always seems to go far, but not far enough. What is known is that they have the talent to possibly overtake not only Hooch in the regular season, but also to have a chance to win the NHL championship.

ICP

ICP will beat the Dukes for third place because of ICP's grit and determination. Despite the loss of Weiss, this third year team combines hustle and a 110 per cent effort at all times to force the opposition to tire easily and roll over. Last year's self-destruction after a perfect regular season was, in most observers' eyes, a fluke. ICP should have won the B–Division easily last year had it not been for the stubborn Hellfish squad; ICP picked the wrong game to not show up for and it cost them. Otherwise, offensive weapons such as Joseph Bakewell, Jay Zwolak, and Mike Paterson will be essential to the team this coming year. Andrew Hutchinson, or "Hutch" as they call him, will be hard pressed to improve on last year's phenomenal goals against average of around a half a goal. "Hutch's" big play and the defensive work of Dave Wilkinson, Neil Chisholm and Mark Quigley, could make ICP a dangerous team, even if the team is considered somewhat of an underdog this season.

Dukes

Dukes won their group in the regular season last year, but they self-destructed in the playoffs. Is Kesser Osman the answer to their problems? Not necessarily, but his veteran leadership and performance in past playoffs could be the key to their success. Dave MacIntosh and Mike Hawtin will likely spark the offence as will former Viper Chad Cousineau an off-season acquisition. The additions of John Michael Erra, Robert Zebeski, and John Varady make this a vastly improved team. Dave Thomas and Raf Bartosiak are the key emotional leaders; although many are happy to see Bartosiak hang up his whistle and striped sweater in the process.

Hart Foundation

Hart foundation combines grit and ability into a very talented package. With three or four rookie players coming in, their play will be one of the deciding factors in the Foundation's success. Mister Hart himself, Allan Schultz, will be relied on to provide plenty of offence, as will new addition Boris Tasevski. Dave Zizic will need to provide excellent goaltending which he has done from time to time. Alen Jurkin will anchor the defence with his size and surprising agility. Inconsistency killed this team last year. What will be their downfall this year?

D.O.A. is a combination of key

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1997 indoor soccer and basketball wrap-ups

BY NELSON DE SOUSA

The men's intramural indoor soccer wraped up in the last week of classes of 1997.

T.Y.C. came back from one game down in the best-of-three indoor soccer finals to take the next two games over Zywiec International.

T.Y.C. lived up to their acroynm-type name by repeating as This Years Champions.

The women's division I basketball team lost their playoff match. UTM was minus some of their key players, but put forth a valiant effort.

Congratulations to T.Y.C. and the women's division I basketball teams on outstanding seasons.

Do you love sports as much as we do here at *The Medium*? If so, write for the *Sports* section. There are men's and women's ball hockey games to be covered. If game coverage is not your thing, then you can write an article on any sports-related topic, such as the upcoming Winter Olympics, World Cup of Soccer or drugs in sports etc. Contact the Sports Editor @ 828-5260 or drop by the office located in the Crossroads building.

D.O.A.

D.O.A. is a combination of key components of last year's Bloodhounds and the Enforcers. They will be very competitive in battling for a playoff spot. Former commissioner Tony Varghese captains the disciples with Jeff Williams between the pipes, who must have a huge season to allow this team to succeed; he will definitely see lots of rubber. Carlos Santos, Kevin Lee and Andrew Cunningham will be important pieces of the offence while Varghese, Aaron Bright and Victor Santos will be the keys to the defensive end of the floor. The Bloodhounds component of the team may be the piece of the puzzle that elevates this year's team to perform at a higher level in the playoffs.

Sensations

This team combines the skill of Dejan and Peter Grujicic, formerly from V.I.P. Bre, and the inspirational leadership of captain Jamil Ahmad and defensive rock Tony Kantzavelos. Watch for rookie goalie Tony Raco to step in and perform at the high level that is necessary for their success. Don't forget about the "Goose". On the whole, this team is solid and will be there at the end of the season, battling for a playoff spot with D.O.A.

Wolfpack

After dominating the C–Division two years ago, the team, formerly known as the Top Guns, struggled in the B–Division. Despite a big win over Hellfish in the regular season, losses against the Bloodhounds decided the fate of this team. Jack Rego will return between the pipes and offence from the likes of Simon Kennedy, Mark Swas, and Branko Tomasovic will be vital to the team's performance in the playoffs. Their defensive corps is anchored back on the point by captain Joey Torchia.

Reservoir Dogs

With the likely loss of all-star goalie Mark Riopel, success for the Dogs' is in major doubt. Allan Singh, Greg Delio and Dan Fraser add some much needed scoring punch. Captain James Clark provides veteran leadership which will come in handy in games that could decide their fate. Without Riopel this team will definitely struggle, but if there is any chance that Riopel is back, the Dogs could find success in the playoffs. Scoring goals could be a problem, as was the case last year.

St. G. Refugees

The St. George Refugees are a bunch of relative unknowns out to possibly make a statement. The talent of this new Erindale ball hockey team is not known. What is known is that if players are not ready to play in every game, things could get ugly for this team made up mainly of fourth-year students. They could surprise some teams, but don't expect any miracles.

The format has changed from three divisions (A, B, C) last year to a two-tiered system this year with an NHL and IHL leagues. *file photo*

IHL

Northern Division

Hitmen

Last year's C–Division champions are poised amongst the elite in tier two this year. Leading the way are captain Brendan McNulty, Mark Oberhauser, and Paul Kutasi. Barry Barth has not been formally signed, but he could provide some needed toughness to go with the goaltending of Robin Das. The Hitmen need Das to be on his game in order to have a chance at winning another championship.

Predicted standings

NHL

Eastern Division

1) Fury
2) Hellfish
3) Untouchables
4) Huge Midgets
5) Hawks
6) V.I.P.
7) Red Army
8) Senators
9) Shaggers
10) Handymen

Western Division

1) Hooch
2) Warriors
3) ICP
4) Dukes
5) Hart Foundation
6) D.O.A.
7) Sensations
8) Wolfpack
9)Reservoir Dogs
10) St. George Refugees

IHL

Northern Division

1) Hitmen
2) EA Sports
3) Primetime
4) Rufnex
5) Killer Civs
6) Might Macs
7) Free Agents

Southern Division

1) Venom
2) H.O.B.'s
3) Bravo
4) B.M.F.
5) Big Guns
6) Might Blind Ducks

THE PUBLICIZER
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EA Sports

This team is comprised of components left from the Jaguars of last year and are happy to be out of the difficulties of B–Division and into tier 2. Chris Pagulayan and Ellis Nicholson will provide offensive punch as will free agent pick-up Matt Murray formely of the Bloodhounds. Murray must control his temper or this could negatively affect the team. Veteran leadership comes from captain Jean Paul Paraiso and Ashwin Parvatam formerly of the Reservoir Dogs. The main question is who will play goal, which is essential to the team's overall defensive play and ultimate success.

Primetime

This team is made up of a portion of the Spaced Invaders from last year. The team is captained by Paresh Chauhan. Much needed leadership could come from Chris Christie, Chris Turski and Scott Strike. Jason Gozzetto has been signed as goalie with the only problem being that he is also signed to backstop the Killer Civs. Keep an eye on these developments. Remember Jason, you can only sign up for one team and one team only.

Rufnex

Killer Civs

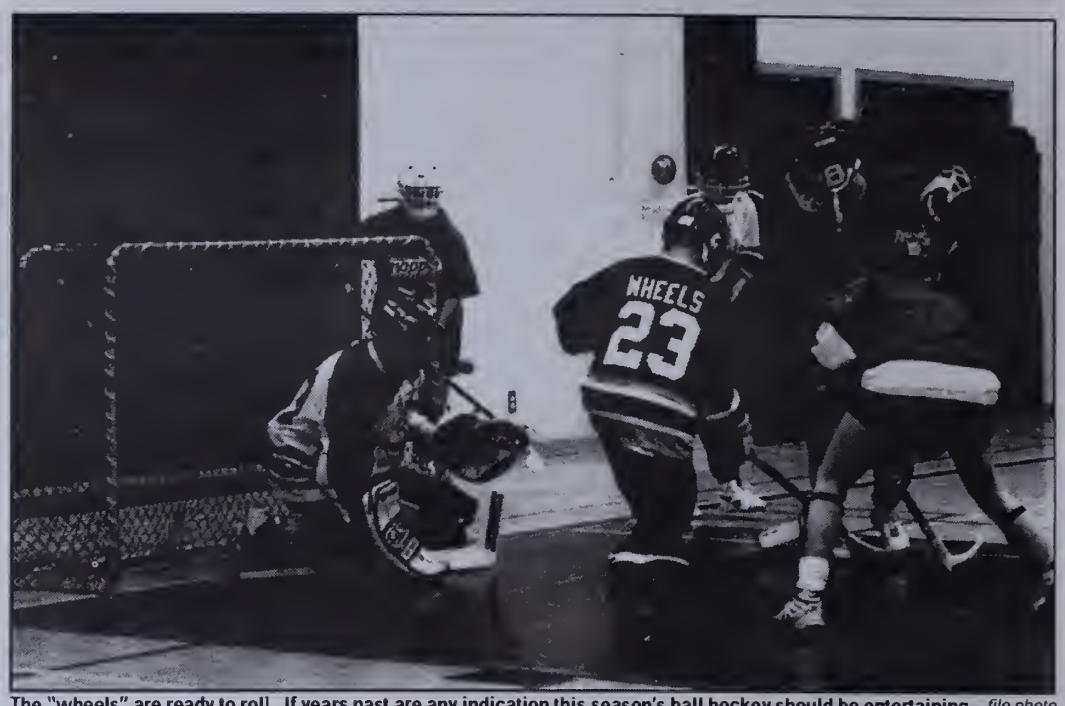
Might Macs

Free Agents

These four teams include three first-year teams and the free agents team. The three first-year teams could very well end up surprising everyone as they all have played the game in the past and could use their experience as an advantage. These first-year teams should provide solid competition and should not be overlooked by other teams in the division. As for the Free Agents team, there have always been problems in the past with having two free agent teams in ball hockey. The two teams are separated to the point that the free agents talent is divided and the amount of players on each team are few in number. This year, with just the one free agent team and the fact that the team has a decent number of players they should be able to field some talent and make a run at the playoffs.

SOUTHERN DIVISION

Venom



The "wheels" are ready to roll. If years past are any indication this season's ball hockey should be entertaining. *file photo*

These are the C–Division finalists from last year, Mboro Dista. This year's addition is veteran leadership and grit of Gavin Mascarenhas, the offensive skill of Ronald Monteiro and Adam Savaglia, and the overall leadership of Mervyn Fonseca and Ryan Desouza in the hopes of leading them to a first place finish in the division and advance to the playoffs. The goaltending of Darren Rodrigues must be stellar while the talent of Sheldon Martin must also prove exceptional.

H.O.B.'s

This is the other half of the Spaced Invaders from last year, and probably the more talented half. The team is led by captain and goaltender Vincent "Enzo" Cornivelli. This team has to create more scoring opportunities to be successful as they are decent defensively, but have trouble scoring in bunches.

Bravo

Jay Moore and Kurt Tietz lead a team with very few players listed on their roster which means that the players will tire much faster. Uncertain how the team is comprised entirely at press time, this team will be a mystery.

B.M.F.

Jason Caine's Spartans defaulted out of the league last year failing to show up to its games. Hopefully they will be there for this season's games. Keith Hargrave adds experience as he holds a C-Division title from his time with the Hitmen.

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Hey you guys, stop lying around! The 1998 intramural ball hockey season is getting ready to roll. *file photo*

Men's Ball Hockey
Schedule–Week 1

Wednesday January 7, '98
11:00-12:00– Dukes vs Sensations
12:00-1:00– Huge Midgets vs Untouchables
1:00-2:00– Warriors vs Reservoir Dogs
2:00-3:00– Hooch vs Wolfpack

Thursday January 8, '98
10:00–11:00– Primetime vs Rufnex
11:00-12:00– ICP vs St. George Refugees
12:00-1:00– Hart Foundation vs D.O.A.
1:00-2:00– Fury vs Senators
2:00-3:00– Mighty Macs vs Hitmen

Friday January, 9 '98
10:00-11:00– V.I.P. vs Handymen

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Big Guns

M. B. Ducks

The fifth and sixth place teams in the division are first year teams, and could very well surprise people depending on how quickly they adapt to the game, and how skilled they are to begin with. Only time will tell.

Don't worry ladies, we haven't forgotten about your women's ball hockey preview. Due to drinking too much egg nog over the holidays, the preview will appear in next week's issue of *The Medium*. Sorry for the delay.

The men's intramural ball hockey league involves: two leagues, 33 teams, four divisions, and has become a passion for players and fans alike for Erindale (UTM) students. *file photo*

The year in sports– the highs and lows

1997 was an interesting year in sports. There was exceptional individual and team performances. Listed below are some of the high and lowlights of the 1997 sports scene:

BEST TEAM PERFORMANCE

1) Detroit Red Wings: After waiting decades to sip out of Lord Stanley, the Red Wings were crowned champions this past spring. Steve Yzerman finally got that elusive championship.

2) Chicago Bulls: Once again superstar Michael Jordan led the Bulls to the promised land by winning the teams fifth title in seven years.

3) Florida Marlins: Cynics may say that the Marlins bought a championship, but the Marlins had to defeat excellent teams in both the Atlanta Braves, and Cleveland Indians in the World Series.

BEST INDIVIDUAL PERFORMANCE

1) Jacques Villeneuve won the Lou Marsh award for top Canadian athlete. He became the first Canadian driver to win the Formula 1 driver championship defeating defending champion Michael Schumacher.

2) Larry Walker: This Canadian baseball player posted perhaps one of the best seasons ever. Walker battled for the triple crown until late in the season. He was runner-up in the Lou Marsh voting.

3) Michael Jordan: What more can you say about Jordan? Other than it's a good thing he decided to leave that baseball experiment.

WORST PERFORMANECE BY AN ATHLETE

1) Mike Tyson: For getting hungry during a boxing match with Evander Holyfield and thinking his ear was a cracker.

2) Michael Johnson: For him pulling up lame in his race against Donovan Bailey at the Skydome back in June.

3) Donovan Bailey: For his remarks after the race against Johnson, when he claimed that Johnson intentionally pulled up (Bailey later apologized).

As we leap into the new year, we take one last look at the world of sports in 1997. Highlights include: Jacques Villeneuve winning the Lou Marsh award for best athlete in Canada; the Bulls winning their fifht championship in the last seven years. *photo courtesy Sports Illustrated*

BEST CANADIAN TEAM

1) World Junior Team: The Canadian Juniors won their fifth straight World Junior in 1997.

2) Toronto Argonauts: The Argos won back-to-back Grey Cup championships in '97.

3) Edmonton Oilers: The Oilers had a great regular season and went on to defeat the heavily favoured Dallas Stars in seven game in the playoffs.

A BIG thank you to Chris Carrabs for writing this year's ball hockey preview.

LEAGUE'S TOP GOALIES

Mark Riopal – Hellfish
Alan Ferreia – Hooch
Andrew Hutchison – ICP
John Carrabs – Fury
Erol Eron – Huge Midgets
Kesser Osman – Dukes

League's Top Players

Ron Weiss – Huge Midgets
Dave Giulianni – Huge Midgets
Allan Schultz – Hart Foundation
Scott Beselle – Handymen
Dave McIntosh – Dukes
Mike Hawtin – Dukes
Sam Gill – Untouchables
Rav Johal – Untouchables
Steve Ambrosio – Warriors
Matt Barrese – Warriors
Gary Desouza – Warriors
Sanj Bhalla – Warriors
Tim Jursa – Hooch
Chris Murphy – Hooch
Chris Murdoch – Hooch
Janos Cserprejhi – Hooch
Amrit Chohan – Fury
Shahbaz Alikhan – Fury
Paul Curran – Fury
Gabe Galambos – Hawks
Jay Zwolak – ICP
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Coed Indoor Soccer
Entry Deadline: Thursday, January 22

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1998 Interfaculty Team Try-Outs

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Women's Basketball	Wed. Jan. 7 • 6-7:30pm	Mon. Jan. 12 • 6:30-8pm
Women's Indoor Soccer	Wed. Jan. 7 • 8-9am	Thurs. Jan. 8 • 6:30-7:30pm
Men's Div. 2 & 3 Basketball	Tues. Jan. 6 • 7-8pm	Wed. Jan. 7 • 9-10pm